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# Lebanon Trail Mountain Trail SOCIETY

The Magazine of the Lebanon Mountain Trail Association



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LMT Thru-Walk

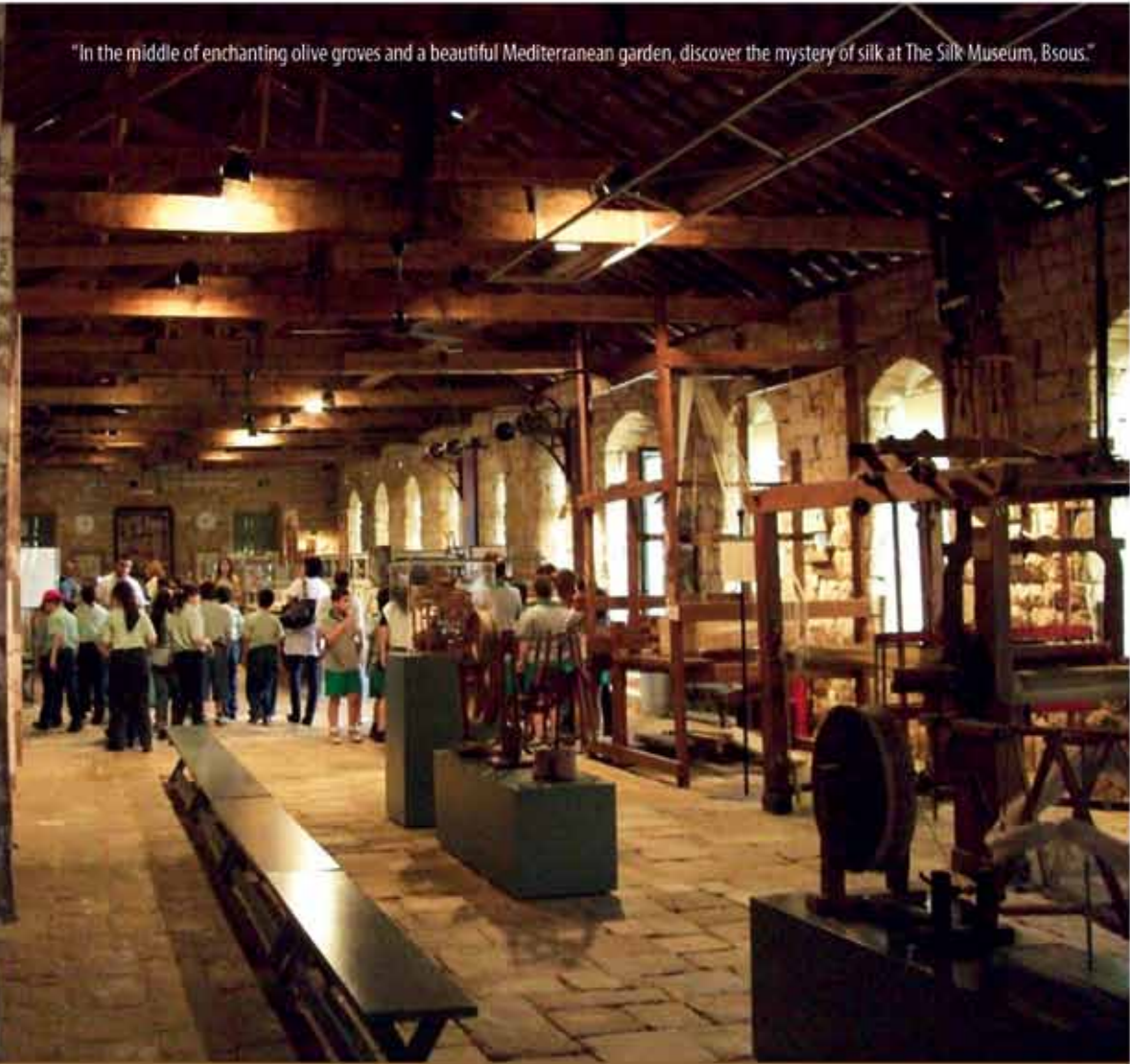
2013

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# Message from the President

Dear friends,

Marhaba! The summer is back after an unusual Spring marked by sand storms, hail, relentless rain and sleet. Luckily, weather remains the most unpredictable element in our universe.

In this issue, we explore new developments on the trail, friendship trails in the making, LMT activities in distant parts of the world including Detroit, Jeju, and Abidjan, and, alas, environmental abuses on the trail. Every annual thru-walk, we discover new infringements on the trail in the form of oversized roads, housing eyesores, ravaging quarries and smoldering dumpsites. And we ask ourselves, why do these abuses continue to happen unabated and with such impunity? Do we really not care about the future of Lebanon including its landscapes, heritage and traditions?

Of course we do!

But many of us have forgotten the value of public spaces and the outdoors. Many people perceive the public space as an extension of their private space. Others perceive it as a free ticket to dump anything under the sky including trash, rubble, and vehicle carcasses. A quick review of the public space in Lebanon will show that we are systematically grabbing and disfiguring all manifestations of it. For example, the public maritime domain and beaches are hijacked by developers, our defunct railway has been run over by asphalt, our sidewalks and town squares have become a favorite destination for cars, and our historic trails are yielding to the blade of earth moving equipment. We cannot remain oblivious to these abuses.

It is time that we all mobilize in unison to conserve and protect the public space. This is why ECODIT in 2006 conceived of and crafted a 440km national trail. This is why the LMT Project renovated several historic town squares located on its path (Hasroun and Mtain). This is why the foremost goal of the LMT Association today is to protect the natural resources and preserve the heritage along the trail.

Looking ahead, the LMT Association will be organizing seminars on how to identify and report environmental crimes that you may observe on the trail or anywhere in rural Lebanon. We will reach out to judges, prosecutors, lawyers, mayors, Internal Security Forces, and forest guards to deliver the right message.

The LMT is a public trail. It is our legacy. Let us embrace it the same way that the trail has embraced the people of Lebanon.

Happy reading,  
Karim El-Jisr



# Message du Président

Chers Amis,

Marhaba! L'été est de retour après un long mois d'Avril marqué par des tempêtes de sable, de la grêle, de la pluie, du verglas et suivi d'une vague de chaleur précoce! Le climat reste encore, heureusement, l'élément le plus imprévisible dans notre univers.

Dans ce numéro, nous explorons de nouveaux horizons sur le LMT, de nouveaux Sentiers de l'Amitié en cours de création, et des activités LMT qui se profilent dans différents coins de la planète: Détroit, Jeju et Abidjan. Hélas, nous présentons aussi des abus environnementaux sur le Sentier du LMT. Chaque année, pendant la traversée (Thru-Walk), nous découvrons de nouveaux abus sur le Sentier et ceci sous forme de routes surdimensionnées, de constructions anarchiques, de carrières dévastatrices et de déchets et dépotoirs. Et là, nous nous posons la question de savoir pourquoi tant d'abus et aucune impunité? N'avons-nous aucun scrupule quant au devenir du Liban, de ses paysages, de son patrimoine culturel et de ses traditions?

Bien sûr que si!

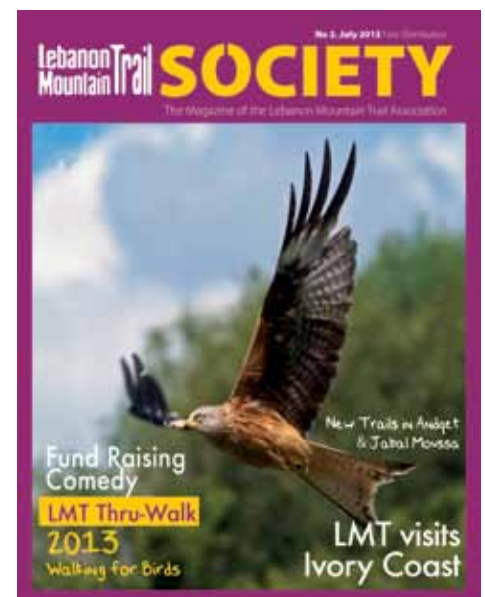
Mais bon nombre d'entre nous ont oublié la valeur des espaces publics et des activités en plein air. Certains perçoivent l'espace public comme une extension de leur espace privé. D'autres le perçoivent comme un moyen de vider en plein air leur corbeille, les débris et gravas et mêmes les carrosseries de voiture. Si nous faisons un tour rapide de l'espace public, nous réalisons combien au Liban nous le défigurons et le grignotons systématiquement. Donnons quelques exemples: le domaine public maritime et les plages sont rongés par les promoteurs, l'ancien réseau de chemin de fer a été bitumé, nos trottoirs et nos places sont convertis en lieu de stationnement pour les automobiles, et nos sentiers d'antan disparaissent jour après jour sous les lames des engins de terrassement.

Nous n'avons pas le droit de rester aveugles devant tant d'abus. Il est temps que nous nous mobilisions à l'unanimité pour conserver et protéger l'espace public. Ceci est la raison pour laquelle en 2006, ECODIT a conçu et œuvré pour ce Sentier National de 440km de long. Le projet du LMT a, dans cette même optique, restauré plusieurs places historiques situées sur le Sentier (Hasroun et Mtain). D'où le rôle premier de l'Association du LMT, de protéger les ressources naturelles et de préserver l'héritage culturel le long du Sentier.

Dans un avenir proche, l'Association du LMT, organisera des séminaires dont le but est l'identification et le signalement des crimes et des abus environnementaux que nous pourrions observer sur le Sentier du LMT mais également partout ailleurs dans le Liban rural. Nous nous joindrons à des juges, procureurs, avocats, maires, ainsi qu'aux forces de sécurité intérieure et aux gardes forestiers pour faire passer le bon message.

Le LMT est un Sentier public. Il s'agit de notre héritage. Adoptons-le, tout comme le Sentier a adopté le peuple libanais !

Bonne lecture,  
Karim El-Jisr



Issue No.2  
July 2013

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# Community Development

## Meet your Local Guides on the LMT

Local guides are excellent companions! With USAID funding (Dec 2005 – Mar 2008), the LMT Project trained over 50 local guides, young men and women, from many villages on the LMT. Local guides usually live in their village, know local trails wells, and are familiar with the cultural and natural attractions surrounding the LMT. They are neither “tourism” guides nor employees of the LMT Association. They may be farmers, school teachers, craftsmen, and/or members of the local municipal council. They take pride in their local heritage and enjoy guiding you on the LMT! In an effort to standardize prices, the LMT Association has developed rates for group hikes up to 25 people. In this issue, please meet Nidal, George, Nassib and Walid!

**Half-day hike:** LL75,000 (\$50)

**Full-day hike:** LL100,000 (\$66)



## George Zougheib

### جورج زغيب

مواليد حدث الجبة ١٩٧٥ - بشري و سكان ادونيس

استاذ تربية بدنية ورياضية في Lycée Laique نهر ابراهيم  
بداه رحلاته في المشي سنة ٢٠٠٧ عند استلامه عدة مراحل

على درب الجبل اللبناني اهمها

٨ و ٩ كما يعمل كمرشد مع شركة Liban Trek معلوماته  
العامة كثيرة وهو عاشق لوادي قاديشا واللذي يعتبره بيته  
الثاني. من هواياته: تسلق الصخور - الإستغوار - التخيم



## Nidal Moughames

### نضال مغامس

مواليد ١٩٧٣ كوكبا بو عرب - البقاع الغربي

موظف في بلدية كوكبا بو عرب - حائز على بكالوريا قسم ٢  
بداه رحلته في المشي في بداية سنة ٢٠٠٦ وعند تنفيذ مشروع  
درب الجبل اللبناني وبعد الإنتهاء من رسم الدرب استلم مسار  
رقم ٢٣-٢٤ من قرية عيتنيت الى رشيا الوادي. هو شخص  
متواضع لا يحب الكلام الكثير يسير في خطى ثابتة و يعرف  
منطقته جيداً. من هواياته الصيد المنظم



## Walid Rashid

### وليد راشد

مواليد ١٩٦٦ المتن - المتن

و مدرب التزلج على الثلج صاحب شركة You  
costumes and suits

مرشد محلي على درب الجبل اللبناني قسم المتن -  
بسكنتا - هاديء في سيره لديه معلومات لا بأس بها  
عن منطقته رحلة المشي بدتها منذ سنة ١٩٧٩.  
من هواياته: الغناء و العزف على القيثارة



## Nasib Akiki

### نسيب عقيقي

مواليد كفرذبيان ١٩٦٠ - كسروان

صحافي سابقاً - مسؤول عن مركز الثقافي و المكتبة العامة في  
بلدية كفرذبيان مدرب كونغ فو و مدرب التزلج على الثلج  
مرشد محلي على درب الجبل اللبناني قسم حراجل كفرعقاب -  
لديه معرفة كبيرة في جبال كفرذبيان و محيطها اضافة الى  
جرودها. رحلة اكتشاف الطبيعة بدتها منذ ان كان في الخامسة  
عشر من العمر. من هواياته: الرسم والقراءة و السفر



# Déguster et découvrir NOS traditions culinaires sur le LMT

Salam Khalifeh

Photo: Christian Akhrass/LMTA

Le LMT n'est pas qu'un sentier de randonnée, c'est un ensemble de sensations de paix retrouvée grâce à ce contact permanent avec la nature, de générosité et de chaleur de nos hôtes dans ces villages parfois lointains et oubliés que sont Marjeyoun/Hasbaya dans le Sud mais et surtout Qemmamine dans le Akkar. Quand après avoir longuement longé des terrasses suspendues de pommiers et poiriers nous amorçons notre descente vers le village de Qemmamine, nous avons été surpris et nous avons même réussi à effrayer 2 jeunes filles avec leur âne qui descendaient avec un chargement de fagots de bois vers le village. Dans ce village oublié où les voitures arrivent à peine dû à l'état des routes, le bois reste le seul moyen pour se chauffer et cuisiner. L'accueil des enfants de l'école publique est un pur bonheur. C'est à celui qui alignera avec tant de fierté le plus de mots en français ou en anglais. A toutes ces émotions s'ajoute la joie de l'arrivée et la surprise de découvrir le temps d'une soirée, qui vont être nos hôtes pour la nuit et la plus belle récompense: savoir quelles vont être nos découvertes culinaires au diner.

La faim aidant nous comptons, après un passage à la douche rapide, les minutes qui nous séparent de notre diner. Certains ont toujours dans leur sac des provisions de makhouta/biscuit...et nous nous faisons un plaisir de nous approvisionner dans les « dakakines » de proximité en boissons ou confiseries.

Nous traversons globalement 75 villages mais passons la nuit dans 28 maisons d'hôtes ou chez l'habitant. Nous encourageons de plus en plus et cela d'année en année, les hôtesses à nous faire découvrir leur meilleure cuisine et les plats traditionnels. Nous avons découvert l'année dernière de la Bekaa à Falougha, 5 variétés de « kebe » de pomme de terre: avec des petits oignons frits/avec un hachis de poivrons et oignons verts/malaxe avec du kamoune/imprégné d'une sauce à base d'ail citron et huile d'olive... Les lentilles sous toutes les formes au blé concassé, au riz, en soupe, blondes ou brunes, en kebbe...le « frikke » fait partie de ces plats si parfumés et succulents qu'on ne peut les oublier. Ehden nous aura marquée par ses 7 différentes variétés de kebbe à la viande crue, en boule, au plat, etc.





N'oublions pas le Yacoub, cet épineux très typique de nos montagnes libanaises, qui nous aura été servi chez Mehde à Rachaya el Foukhar, cuisiné dans du yaourt et de la viande. Mais également à Niha en omelette. A Bcharre, au « Tiger House », la maitresse de maison nous a fait découvrir au même titre que de nombreux autres plats, du blé concasse aux feuilles de chou épicées. Un pure Bonheur en gout et en simplicité.

A Sir el Deniyeh, les pâtisseries à base de crème ou de fromage nous aurons régalié ainsi que la merveilleuse confiture de figues entières de Um Majed à Bqaa Sefrine. Le « chenklich » de Marwan dans le Nord était tellement exceptionnel que nous avons encouragé la famille pour le prochain thru-walk d'en prévoir suffisamment pour nous en vendre.

Que vous dire d'autre que loin de Beyrouth combien est grand le Bonheur de découvrir nos montagnes, nos villages, nos populations rurales et nos traditions culinaires à la fois si simplement exécutées et surtout si agréables au palais. Ne ratez pas cette occasion d'un retour aux sources, à la simplicité et à la tradition que vous offre ce beau voyage qu'est le LMT.



## حكاية نول مع نزيه باز

منذ فجر التاريخ إبتدأت الحكاية، حكاية فنّ وإبداع في ما يرتدي الإنسان على جسده من أثواب، ولكلّ حاضرٍ له ماضٍ من خلاله يبني جسر المستقبل. والنول حكاية بدأت مع أسلافنا وإنتقلت مع الزمن للأجداد ومن ثمّ للأحفاد. فهكذا كانت حكايتي مع النول الذي عشقته كعشق الزهر للندى.

بدأت الحياكة على النول بعمر العشر سنوات وتتلّمت على يديّ جدّي الذي بدأ الحياكة بعمرٍ صغيرٍ أيضاً وقد رافقه النول على مدى ثمانين سنة من العمر، فحاك عباءاتٍ من الصوف والحريير مرصّعةً بالقصب المذهّب. وما زلت اليوم أمارس هذه المهنة وسوف أستمرّ بالمحافظة على هذه الحرفة حتى نهاية الطريق لكي يبقى تاريخ مئات السنين لهذه الآلة في قرية بعدران وفي جبل الشوف ولبنان.

في النهاية لا بدّ أن أعترف بأنّ النول كآلة موسيقية تبعث بألحان جميلة مع كل ضربة دفّ.

لطلباتكم، الرجاء الاتصال بالرقم ٠٣٧٠٢٩٤٤

# Conservation

## International Mountain Day

On the occasion of International Mountain Day (IMD), the LMT Association organized on December 10 and 11, 2012 a National Conference on Sustainable Land Management in the Monastery Notre Dame du Puit (Saydet el Bir) in Bkennaya, Jal el Dib. The conference was organized in collaboration with the Food and Agriculture Organization and the GIZ-funded Environmental Fund for Lebanon. Spanning over two days, the conference brought together more than 150 participants and 15 speakers working in different disciplines and for different organizations.

IMD topics were grouped into five priority categories: (1) land tenure and land use planning, (2) hydrogeological features, (3) sustainable livelihoods, (4) landscapes, highways and habitats, and (5) reforestation. All these topics impact the Lebanon Mountain Trail and must therefore be addressed in the framework of sustainable development and the conservation of natural resources and landscapes! The opening session on Day 1 featured three guest speakers: Mr. Ibrahim Chahrour, Head of Planning at the Council for Development and Reconstruction and representing Mr. Nabil El-Jisr, President of CDR; Mr. Ghassan Sayah, representing HE Nazem El Khoury, the Minister of Environment; and MP Naamtallah Abi Nasr, an expert in legal affairs and land tenure. Day 2 opening speakers included Ms. Lamia Mansour, Team Leader for Environment Fund for Lebanon, and Ms. Solange Matta-Saadé, Assistant FAOR for programme – FAO.

Following the conference, and with the support of ECODIT, the presentations and deliberations were summarized into a set of targeted recommendations, which are reprinted in Arabic in the next pages. These recommendations constitute a solid platform for policy formulation at the local and national levels. They also provide a framework for sustainable land management on the LMT.



## La Journée Internationale de la Montagne

A l'occasion de la Journée Internationale de la Montagne, l'Association du LMT a organisé, le 10 et 11 Décembre 2012, une conférence nationale sur l'aménagement durable des territoires, et ceci au Monastère Notre Dame du Puit (Saydet el Bir) à Bkennaya, Jal El Dib. La conférence a été organisée en collaboration avec la FAO et le GIZ (Fonds pour l'environnement au Liban). Cette conférence qui s'étalait sur 2 jours, a rassemblé, plus de 150 participants et 15 intervenants qui travaillent dans différents domaines et pour plusieurs organisations.

Les thèmes abordés ont été groupés en 5 chapitres: (1) Le régime foncier et l'occupation des sols, (2) Les caractéristiques hydrogéologiques, (3) Les moyens durables de subsistance, (4) Les paysages, les autoroutes et l'habitat, (5) La reforestation. Tous ces thèmes ont un impact sur le LMT et pour cette raison, nous devons en tenir compte dans le cadre du développement durable mais également dans celui de la conservation des ressources naturelles et des paysages naturelles! Pour la session d'ouverture du 1er jour, ont été sélectionnés 3 intervenants: M. Ibrahim Chahrour, responsable des programmes au CDR, qui représentait M. Nabil El Jisr, Président du CDR; M. Ghassan Sayah, représentant son Excellence Nazem El Khoury, Ministre de l'Environnement ainsi que le député Naamtallah Abi Nasr, expert en droit et les régimes fonciers. Pour la 2eme journée, nous avons eu l'honneur d'accueillir Mme. Lamia Mansour, Responsable de groupe du Fond Environnemental pour le Liban, ainsi que Mme Solange Matta-Saadé, assistante FAOR pour le programme-FAO.

Après la conférence et avec l'appui d'ECODIT, les présentations et délibérations ont été résumées en recommandations ciblées et reprises en arabe ci-après. Ces recommandations constituent une plateforme solide pour une formulation politique à l'échelle locale et nationale. Elles fournissent également un cadre propice pour l'aménagement et l'aménagement durable du territoire sur le LMT.



# أهم التوصيات الصادرة عن مؤتمر الجبال حول الإدارة المستدامة للأراضي تنظيم جمعية درب الجبل اللبناني دير سيدة البير، جل الديب - بقنايا في ١٠ و ١١ كانون الأول ٢٠١٢

## في ملكية الأراضي

- الإسراع بتحديد ومسح أملاك الدولة في الجبال علماً أن ١٥٪ من مجمل المساحة في لبنان تعود ملكيتها للدولة اللبنانية، و فقط ٥٠٪ من مساحة لبنان ممسوح ومحدد حتى اليوم
- تعديل المرسوم رقم ١١٦١٤ (بتاريخ ١٩٦٩/١/٤) وتعديلاته المتعلقة باكتساب غير اللبنانيين الحقوق العينية العقارية في لبنان، أبرزها:
  - تطبيق نسبة الثلاثة بالمئة (٣٪) التي تحقّ لغير اللبنانيين (الأجانب) بالتملك في لبنان على الأراضي القابلة للبناء وأو لإنشاء مشاريع إنمائية (زراعة، صناعة، سياحة) فقط
  - يجب استثناء أملاك الدولة اللبنانية والأوقاف الدينية من نسبة الثلاثة بالمئة (٣٪) التي تحقّ لغير اللبنانيين (الأجانب) بالتملك في لبنان
  - الإصرار على مبدأ المعاملة بالمثل في الدول الصديقة التي يرغب رعاياها التملك في لبنان
  - عدم السماح لغير اللبنانيين بتملك الأراضي في المناطق الحدودية
  - رفع ضريبة التسجيل على الأملاك العقارية لغير اللبنانيين (كانت ١٧,٥٪ في السابق)
- تخفيف عامل المضاربة عبر فرض ضريبة على الأرباح العقارية capital gain tax

## في ترتيب الأراضي

- تطبيق محتويات الخطة الشاملة لترتيب الأراضي اللبنانية عبر إصدار مخططات توجيهية في القرى والبلدات تتماشى مع نهج الخطة الشاملة واقتراحاتها (مثلاً: حماية الأراضي الزراعية، إنشاء محميات طبيعية وفقاً لمعايير علمية، إغناء الريف، حماية المناظر الطبيعية، إلخ). المرسوم رقم ١٩٧٣/٥١٣١ والقانون رقم ٢٠٠١/٢٩٦
- إعادة تفعيل عجلة دراسة المخططات التوجيهية من جديد من قبل المديرية العامة للتنظيم المدني وخاصةً في البلدات الريفية التي لا تخضع لشروط التنظيم المدني وذلك بهدف حماية مشهد الريف اللبناني من موجة التمدن العشوائي
- حماية الأراضي الزراعية في المناطق الريفية من العمران وخاصةً تلك المحيطة بالطرق الزراعية التي يشقها وينفذها المشروع الأخضر وذلك لتحسين المشهد الزراعي في الجبال وتأمين فرص عمل للأجيال القادمة
- يجب على المديرية العامة للتنظيم المدني ومجلس الإنماء والأعمار اعتماد التنظيم الاستراتيجي المستدام في «المخططات التوجيهية» الجديدة وأيضاً في «المخططات الإستراتيجية الإنمائية» التي يعدونها أو التي هي قيد الإعداد (عكار، صور، الخ). وذلك لاستدامة القدرة البيولوجية لموارد الأرض (مياه، تربة، أراضٍ) مقابل الطلب البشري المفروض عليها

## في الكهوف والمقالع

- حماية الكهوف وخاصة تلك الواقعة في محيط المقالع والكسارات قبل إعطاء أي ترخيص بإنشاء أو التشغيل وذلك عبر إبلاغ النواد المتخصصة في استكشاف المغاور التي من مهامها حماية الكهوف
- اعتبار أشكال ومعالم الكارست كإرث وطني يجب حمايته نظراً لأهميته الوطنية حيث أنه مورداً للمياه الجوفية ويضيف على الجبال اللبنانية جمالاً مشهدياً وتنوعاً بيولوجياً على مجلس الوزراء والمجلس الأعلى للتنظيم المدني عدم الموافقة بتاتاً على مشاريع المتعلقة بدم البحر مهما كانت غايتها كون ردميات البحر مصدرها الرئيسي المقالع في الجبال
- يجب على وزارة البيئة بالتعاون مع البلديات المحلية تطبيق مرسوم ٢٠٠٢/٨٨٠٣ وتعديلاته وخاصة تلك المتعلقة بتأهيل المواقع عبر صرف الكفالة المصرفية لكل موقع
- موافقة مجلس الوزراء على المخطط التوجيهي الجديد للمقالع والكسارات المعدل من قبل وزارة البيئة سنة ٢٠١٢ الذي ينص على رفع الكفالة المصرفية من أجل تأهيل المواقع غير المؤهلة

## في الطرقات

- أجمع الحاضرون على اعتبار شق الطرقات في الجبال من أخطر الممارسات / المشاريع التي تهدد المناظر والموارد الطبيعية وهوية الريف اللبناني على وزارة الأشغال العامة والنقل إعادة النظر بمخططات الطرقات في الجبال التي أطلقت في العقود الماضية والتي مازالت قيد التنفيذ والتأكد من (١) دراسة الجدوى الاقتصادية و(٢) إعداد دراسة تقييم الأثر البيئي مع استشارة العامة وحسب الأصول قبل تنفيذ أي طريق جديد أو توسيع طريق قائم
- على الاستشاري المشرف على أعمال تنفيذ الطرقات أن يؤدي دوره بالكامل أي بالإشراف الدقيق والبيئي على المشاريع لتفادي الأضرار البيئية من ضمنها الحفر العشوائي ورمي الردميات في الوديان وتلويث المياه الجوفية، وتجنب إنشاء المقالع غير المرخصة على طول الطرقات الجديدة وذلك من خلال تطبيق خطة الإدارة البيئية التي وضعت في دراسة تقييم الأثر البيئي
- على مجلس الإنماء والإعمار إعادة النظر باللائحة المصغرة لشركات الهندسية الاستشارية اللبنانية المصنفة مسبقاً حسب أدائهم السابق والحالي في مجال تصميم الطرق والإشراف على إنشاءها
- على مجلس الإنماء والإعمار عدم إستلام أى مشاريع كبرى جديدة إذا كانت هذه المشاريع قد نُفِذت بطريقة عشوائية وغير مراعية للشروط (البيئية وغيرها) والموضوعة مسبقاً (مثلاً، مشروع سد بريسا في الضنية) إدخال مبدأ الأنفاق لمروور الحيوانات البرية في مواصفات وتصميم الطرقات وذلك بهدف حماية تنقلها ضمن موائلها وتجنب تعرضها للقتل على الطرقات



Mr. Alexis Moukarzel,  
Moderator, Former Dean of Fine  
Arts, USEK



Mr. Nabil Nemr, Adaptation to  
Climate Change, Tannourine  
Nature Reserve



Ms. Magda Bou Dagher Kharrat,  
Reforestation,  
Jouzour Loubnan



MP Naamtallah Abi Nasr, Foreign  
Ownership, Lebanese Parliament

## في الينابيع

- على وزارة الطاقة والمياه إعتبار الينابيع في المناطق الجبلية ذات أهمية كبرى (تراثية وبيئية) ورفع التعديلات عن هذه الينابيع ولاسيما تلك الموجودة على درب الجبل اللبناني

## في السياحة المسؤولة

- عدم إعتبار كل أنواع السياحة في الطبيعة كسياحة «بيئية» وإعتقاد مفهوم السياحة «المسؤولة»
- على وزارة السياحة تنظيم قطاع شركات السياحة البيئية
- على وزارة السياحة تنظيم وتشريع دور المرشدين المحليين وإعادة النظر في تصنيف الأدلاء السياحيين بالتعاون مع نقابة الأدلاء السياحيين



Christian Akhrass,  
Springs on the LMT.  
LMT Association



Khalil Zein,  
Quarry Malpractices. Geoflint



Rita Stephan,  
Trail Corridor Planning. ECODIT



Sami Feghali, National Land Use  
Master Plan. CDR

## في المناظر الطبيعية

- المحافظة على المناظر الطبيعية في لبنان واعتبارها إرث فريد من نوعه في العالم العربي لا يمكن أن يتجدد كما لا يمكن استيراده أو تصديره.
- امسألة السياسيين المعنيين حول موضوع المقالع والكسارات والمرامل التي تعمل دون ترخيص في الجبال اللبنانية ودون مراعاة للشروط البيئية (مثلاً، مرامل ميروبا وقهمز التي تهدد محمية جبل موسى)
- الإستفادة من تجربة محمية أرز الشوف الطبيعية في مجال تنظيم قطاع الرعي كي يتماشى مع أهداف المحافظة على البيئة

## في التحريج وإستصلاح الأراضي

- عدم الموافقة على طلبات تعبيد الطرقات الزراعية لأنها ترابية في الأصل وغايتها زراعية وليست عمرانية
- يجب على كل القيميين على التحريج (مؤسسات رسمية، بلديات، جمعيات، أندية، ألخ) إعتداد أساليب علمية في التحريج ولاسيما في اختيار الموقع، التأكد من ملكية الأراضي المنوي تحريجها، إختيار البذور والشتول المحلية وتأمين العناية الكافية خلال فترة ثلاث سنوات
- تطبيق القانون رقم ٢٠١٠/٩٢ الذي ينص بالمحافظة على المساحات الحرجية الخضراء المحترقة وعدم تحويل وجهة استعمالها

## في حماية درب الجبل اللبناني ودروب لبنان عامةً

- تفعيل ومتابعة التعاون البناء بين جمعية درب الجبل اللبناني والبلديات التي يمرّ ضمنها الدرب وذلك من أجل حماية الدرب محلياً من التعديات وإبراز المعالم الطبيعية والثقافية والادبية والتراثية المحاذية للدرب
- مواصلة التعاون الوثيق بين جمعية درب الجبل اللبناني والمحميات الطبيعية الواقعة على الدرب لاسيما محمية أرز تنورين ومحمية حرج إهدن ومحمية أرز الشوف
- على جمعية درب الجبل اللبناني والمديرية العامة للتنظيم المُدني دراسة امكانية حماية درب الجبل اللبناني عبر «تخطيط ملحوظ»
- على مجلس الإنماء والإعمار إدراج الدروب وحمايتها في منهجية «المخطط الاستراتيجي الإنمائي» التي يعدها او التي هي قيد الاعداد



Lamia Mansour,  
Team Leader. Environmental  
Fund Lebanon



Kozhaya Hanna Tawk,  
Reforestation. Bsharre Cedars  
Forest.



Ghassan Tayyoun, Large-sized  
mountain construction.



Paul Khawaja, Moderator.  
LMT Association

# Birds of Lebanon, to shoot or not to shoot?

The Hunting Dilemma Faisal Abu Izzeddin\*

Photo: Sergey Derelev, Flickr

Some years ago a Lebanese in New York asked his American girlfriend to marry him and promised to take her on a visit to Lebanon – a country of natural beauty and tasty cuisine. She told him she had read a lot about the cedar trees but did not know much about the food. So he proceeded to describe to her the delights of eating hommos, tabouli, kibbeh and birds. “Birds” she exclaimed, “little song birds?” He smiled and answered her with pride “Yes, we shoot birds and eat them.” The marriage was called off.

This story made us laugh because it is typical of many Lebanese who believe that everyone shares their delight in killing and eating little song birds. However, there is no humor when we realize that hundreds of thousands of birds are shot each year in Lebanon where hunting can no longer be called a sport. To add insult to injury most of the larger birds killed are eagles, hawks and vultures, and they are not consumed but thrown away after the hunter displays them to his admiring friends. This is reminiscent of the trophy hunters of past centuries who displayed the size of the elephants or lions or tigers they shot. Nowadays, it seems, hunters compete with each other based on the number of birds they kill.

Uncontrolled hunting is the primary threat to bird populations throughout Lebanon as well as a growing threat to humans. There must be thousands of Lebanese families with mountain homes, as well as tourists, who are driven away from mountain villages by the roar of shotguns from daybreak to sunset.

In addition to the shotguns, there are amplified recordings of repetitive bird calls that echo across the valleys after sunset and throughout the night. Not much rest or sleep for anyone. Also let us not forget the important role of birds in agriculture and the enormous quantities of harmful insects that they consume each day.

Aside from grief for the birds killed each year I feel sorry for the law abiding hunters who want to practice their sport in a responsible manner. There is no doubt these individuals suffer from the indiscriminate slaughter of wildlife practiced by their fellow hunters, and it is up to them to campaign for the strict application of laws to keep their sport from coming to a sad end. A good example for the Lebanese to follow is the big game hunters of Britain, Europe and Africa. In the 19th and 20th century they founded the first wildlife conservation societies and established some of the early protected areas. They called themselves the “penitent butchers” and they did a great deal to save wildlife all over the world. They genuinely believed that the sport of hunting needed serious laws and regulations or the balance between hunter and hunted could never be restored. They also set an example to others by showing them that saving wildlife is a manly thing to do. It is far manlier to save a life than to kill it.

\*ECODIT Project Manager, USAID-funded LMT Project, 2005-2007





What Lebanon needs today are more of these dignified hunters to save what remains of our wildlife. As role models these "reformed" hunters need to highlight the compassionate side of the sport and remind the thousands of young men who emulate them that hunting is based on mutual respect between the hunter and the hunted – or their sport will become equivalent to a mass execution. If these role models succeed in reducing the number of birds shot, trapped, or poisoned, they will do themselves and the country a great service. It is time to look at hunting from a new perspective.

Photo: Antoine Faycal

## اليوم العالمي للمياه حلقة حوار حول موضوع المياه على درب الجبل اللبناني

أقامت جمعية درب الجبل اللبناني بالتعاون مع بلدية عين زحلنا ومحمية أرز الشوف نهار السبت ١٦ آذار ٢٠١٣ حلقة حوار حول موضوع ينباع والموارد المائية في الجبال، وذلك ضمن إطار برنامج التوعية حول أهمية الموارد المائية على درب الجبل اللبناني المنفذ من قبل الجمعية بتمويل من الوكالة الأمريكية للتنمية الدولية (USAID). وقد شارك في حلقة الحوار حوالي ٢٠ شخصاً من البلديات المجاورة لبلدة عين زحلنا ونذكر منها بلديات البيرة، مهري، مجدل المعوش بالإضافة إلى متطوعي محمية أرز الشوف من بلدات عين زحلنا، الباروك، ومعاصر الشوف. تطرقت جلسة الحوار إلى مواضيع مختلفة أبرزها:

- استثمار مياه الينابيع وطريقة توزيعها على بلدات المنطقة
- المشاكل التقنية والإدارية والقانونية التي تواجه هذا القطاع
- دور البلديات والمجتمع المحلي في تحسين وضع الينابيع والمحافظة عليها
- الإدارة الرشيدة للموارد المائية في مجال الإستهلاك المنزلي وطرق الري الحديثة



في ختام حلقة الحوار توجه المشاركون إلى نبع القاعة، أحد أهم ينباع بلدة عين زحلنا، للاحتفال باليوم العالمي للمياه (٢٢ آذار) وقاموا بتنظيف محيط النبع وساروا مسافة ٣ كلم وصولاً إلى نبع الرعيان. يهدف برنامج المياه على درب الجبل اللبناني إلى نشر التوعية حول أهمية الموارد المائية، وخاصة الينابيع منها، من خلال نشاطات علمية وتدريبية وثنائية تطل جميع الأفرقاء المعنيين بالمحافظة على الموارد المائية، ونذكر منهم: الإدارات الرسمية، والبلديات، ومنظمات المجتمع المحلي، وأساتذة وطلاب المدارس، وزوار درب الجبل اللبناني، إضافة إلى أدلاء الدرب.



## Water: A Precious Resource for Lebanon

Jad Abou Arrage

Water is Lebanon's most precious natural resource and has become an issue of towering importance. Despite a diversity of water sources, our country is facing an escalating strain on the quality and quantity of water. The degradation of natural springs, including overexploitation, is affecting the economic, cultural, and ecological values of springs. The Lebanon Mountain Trail Association (LMTA) believes that the mountains of Lebanon represent the last frontier for water conservation. We therefore aim to raise awareness on critical water issues and promote water conservation behaviors. In September 2012, the LMTA signed a two-year grant agreement with the United States Agency for International Development (USAID) in the amount of \$179,663 to implement a water awareness and conservation program on the LMT focusing on springs.

## Springs on the LMT

Jad Abou Arrage

Walking on the LMT is a journey across Lebanon's water landscape. We have surveyed more than 75 springs along the trail (that's equivalent to about one spring every 6Km). Springs are more abundant in the North compared to the South and notoriously cool---some may be as cold as 7 degrees during summer. A bliss for hikers! The springs that we have surveyed on the LMT are found at different altitudes. The lowest spring is "Nabaa el Abiad" at 696 m (Section 1: Qbaiyat-Tashea) and the highest spring is "Ain Keff el Haffe" at 1,967 m (Section 10: Tannourine - Aqoura). When you walk on the LMT, you will discover the beauty of the landscapes that surround springs. For example, "Nabaa' el Shouh" in Akkar is enveloped in a fir forest (*Abies cilicica*) and "Ain Baher" is perched on a mountain in Afqa that is forested with juniper trees (*Juniperus excelsa*).

Most springs have been used for centuries for drinking and irrigation. They have therefore been shaped by mores and customs. Some of the works done on and near springheads still preserve their traditional forms, with artistically etched stones. Other springs, however, have been disfigured by concrete and protruding pipes.

Did you know that spring names are associated with:

**Village names:** Ain el Qmamine, Ain Tourine, Ain Tinta, Nabaa el Barouk, etc.

**Famous people:** Nabaa Ammar Kaylo, Ain Abbas, Ain Salma, etc.

**Important trees:** Ain el Khokh, Ain el Hor, Ain el Naasa, Ain el Jaouze, etc.

**Natural features:** Nabaa el Sukkar, Ain el Fouar, Nabaa el Hadid, etc.



Ain el Mashraa near Baskinta



Ain Kaff el Tine in Qemmamine



Nabaa el Hawa near Horsh Ehdn

# Annual Thru-Walk 2013



تخلّل هذه الرحلة أربعة ندوات مسائية تم التحضير لها بالتنسيق مع وزارة البيئة (مشروع الطيور الحوامة المهاجرة) والمجلس العالمي لحماية الطيور البرية والحركة البيئية وجمعية حماية الطبيعة في لبنان.\* جرت هذه الندوات في بلدات سير الضنية وبشري وكفرذبيان ومعاصر الشوف حيث تمّ توزيع كتيب «دليل إمتحان الصيد» من إعداد وزارة البيئة. حُصّصت هذه الندوات للتعرف على أنواع الطيور ومنها المهاجرة والتي تعبر فوق سماء لبنان وتحلق فوق درب الجبل اللبناني. تطرأ المحاضرون أيضاً إلى المجازر التي يرتكبها بعض الصيادين والتي تشكل تهديداً للنظم البيئية. تضمنت هذه الندوات عرض صوري ونقاش مفتوح من أجل صيد منظم ومراعاة لمراسيم الصيد البرّي على كافة الاراضي اللبنانية.

لنشر الوعي حول أهمية الطيور، بادرت الجمعية في جمع الأغلفة الفارغة (خرطوش) المنتثرة على درب الجبل اللبناني وذلك بالتنسيق مع المدارس الراغبة والبلديات المعنية، لكي يصار الى تدويرها في صناعة حاويات للنفايات! لمزيد من المعلومات حول هذه الحملة، الرجاء الاتصال بالجمعية.

BirdLife International, Lebanon EcoMovement, and Society for\*  
the Protection of Nature Lebanon



## المسيرة السنوية على درب الجبل اللبناني من أجل الطيور

كما وكل سنة من مطلع شهر نيسان ومع بداية فصل الربيع وبدء تفتح الازهار في جبال لبنان،

نظّمت الجمعية رحلتها السنوية للمرة الخامسة على التوالي على درب الجبل اللبناني الذي يعبره محبي الطبيعة من القبيات شمالاً إلى مرجعيون جنوباً. اضيف هذا العام قسم جديد يصل بلدة عندقت في عكار إلى القبيات وأيضاً درب رديف يربط بلدة حراجل بمحمية جبل موسى وعبري وسد شبروح في كفرذبيان. بلّغ عدد المشاركين هذه السنة ١٦٥ شخصاً هم من جنسيات مختلفة ومنها السعودية والاردنية والامريكية والفرنسية والبلجيكية والبريطانية والهولندية. وإجتاز ٧ أشخاص المسافة كلها برفقة كريستيان أخرس، المنسق الميداني للجمعية، وجوزف لطيف، دليل معتمد على درب الجبل اللبناني. وكانت المصادفة هذه السنة التغيّر المناخي في شهر نيسان حيث شهد رواد المشي الرياح الخمسينية والأمطار الغزيرة وتساقط الثلوج مما زاد في التشويق بهذه الرحلة المميّزة!



Photo: Paul Khawaja/LMTA



Photo: Christian Akhrass/LMTA



# Mistletoe on the Move in the Mountains of Lebanon

by Yuriy Bihun\*



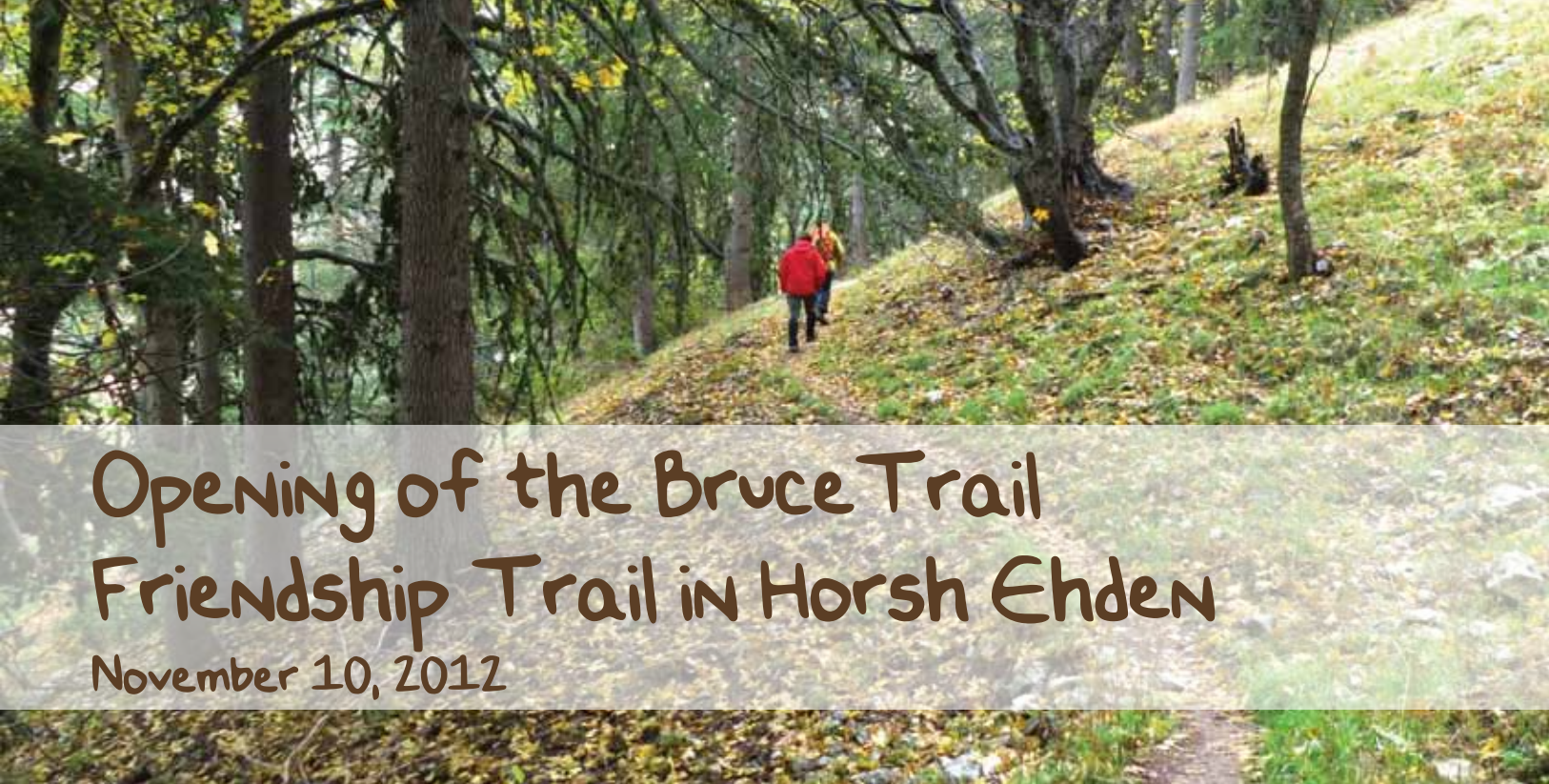
Over the last few years in the field, LMT Field Officer, Christian Akhrass, began noticing junipers dying along the northern part of the trail. The LMT Association contacted the USAID Farmer to Farmer (F2F) Program implemented by Agricultural Cooperative Development International and Volunteers in Overseas Cooperative Assistance (ACDI/VOCA) who reached out to me looking for an expert that would be willing to travel to Lebanon to try to determine the cause of the damage. The primary objective of the assignment was to identify the cause of “dieback” on Syrian juniper (*Juniperus drupacae*), one of the iconic species that is distributed in the north central Lebanese mountain massif. This indigenous juniper is relatively widespread and is characterized by its columnar shape and large, drupe-like fruiting body or cone.

Fortunately, it didn’t take more than a few days in the field (May 20-23) with Christian to positively identify the presence of dwarf mistletoe (*Arceuthobium spp.*) on the trees in question. Dwarf mistletoe is a relatively common and extensive parasitic plant which affects coniferous trees around the world. Old World dwarf mistletoe (*Arceuthobium oxycedri*) affects junipers, cypress and other taxa of conifers in the Middle East and the presence of the parasite on two juniper species in Lebanon has been on record since the mid-20th century. The classic symptoms of mistletoe damage include spiked tops, branch swelling and the proliferation of branches known as “witches’ brooms.” In infected areas, the leafless, aerial shoots of dwarf mistletoe are clearly visible and appear to be the primary damage agent. There was no evidence of secondary casual agents such as insects or fungal pathogens.

The extent and causes of the outbreak could not be determined during the course of the field assessment. In the case of dwarf mistletoe, the organism is considered a primary parasite, capable of infesting vigorous trees but dieback can be a pretty vague term. Some experts consider diebacks and declines as a complex disease caused by a combination of interaction of biotic and abiotic factors with incompletely understood origins and influenced by various factors. In the early stages of the analysis, the first task at hand is to determine the current range of infection and potential rate of spread. Although the lack of baseline data does not allow for a definitive explanation of the current outbreak, a cooperative effort for the establishment of an inventory and long-term monitoring program should allow scientists to develop an understanding of the outbreak and management options.

*Yuriy Bihun is a Vermont-based forest resources analyst and Director of Shelterwood Systems. His trip to Lebanon was sponsored by the USAID ACDI/VOCA Farmer to Farmer (F2F) Program.*





# Opening of the Bruce Trail Friendship Trail in Horsh Ehden

November 10, 2012

The Lebanon Mountain Trail (LMT) Association and the Embassy of Canada to Lebanon opened a Friendship Trail in Horsh Ehden Nature Reserve, in the presence of HE Mrs. Hilary Childs-Adams, the Ambassador of Canada to Lebanon.

The LMT Association, established in 2007 to protect and promote the 440km LMT as an international tourism destination, has designated Section 5 of the LMT as the Bruce Trail Friendship Trail. This trail section in North Lebanon spans 21 km from the Horsh Ehden Nature Reserve to Sir el Dannieh, passing through breathtaking landscapes and monuments, including the maple tree which adorns the Canadian flag. A Friendship Trail is a mark of friendship between two trail organizations. In this particular case, the LMT Association is twinning with The Bruce Trail Conservancy (Canada) by naming one of the sections of their trail after their twinning trail, in an effort to promote international cooperation between the two countries and the two trails. The Friendship Trail will also reach out to the Lebanese community in Canada and the Canadian community in Lebanon.

On September 22, the Sydenham Club of The Bruce Trail Conservancy inaugurated the LMT Friendship Trail. This Trail, located in the Bayview Escarpment Provincial Nature Reserve, extends over two routes about 22km in length. The opening was attended by about 50 Canadian and Lebanese hikers who celebrated the new Friendship Trail.

On November 10, approximately 30 hikers and nature lovers opened the Bruce Trail Friendship Trail on the LMT in the company of the mayor of Ehden, Mr. Toufic Mouawad, Director of the Horsh Ehden Nature Reserve, Ms. Sandra Saba, and the President of the LMT Association, Mr. Karim El-Jisr. Despite the rain, the group forged ahead amidst the fabulous colors of the nature reserve. For more information about the Friendship Trail, please contact the LMT Association.



Canada 



# LMT Overseas

latter by advertising the event to all major DC area universities and Lebanese and Arab clubs, as well as on its Facebook page. The evening was filled with laughter and Nemr's performance was simply outstanding. This was the first time that a stand-up comedy event was organized for the DC area Lebanese-American community by a



Photo: AFLMT/LCN

non-profit association and the AFLMT was thrilled to receive positive feedback from those who attended the show. The Virginia event was covered by TV channels Al-Hurra and Sky News Arabia.



## AFLMT Comedy Shows with Lebanon's King of Comedy, Nemr Abou Nassar

In an effort to further spread awareness of the LMT in the U.S. and raise funds to support the Trail, the AFLMT organized and hosted two stand-up comedy shows in March 2013 for Lebanese and Arab communities in Northern Virginia and Michigan, with the amazingly talented Nemr Abou Nassar. Nemr is an acclaimed Lebanese-American stand-up comedian with credits that include headlining his own feature specials ("This is why I'm Hot", "Eye of the Tiger", "Made in the USA", "EPIC", "Victorious Secret"), producing and starring in the sold-out Beirut Stand-Up Comedy Festival, and the Middle East's first live comedy radio show "The Comedy Revolution" on Mix FM. Nemr's unique brand of comedy is devoid of prejudice and dubbed "No Politics, No Religion, One Love." He performs mainly in English mixing in Arabic at times when appropriate.

The first show took place on March 23 at the Ernst Community Cultural Center in Annandale, Virginia and attracted an audience of nearly 300 people of all ages, with a strong showing by Lebanese American youth. The AFLMT made a special effort to reach out to the

The following day, on March 24, the AFLMT hosted another show with Nemr at La Pita lounge in Dearborn, Michigan, in partnership with the Lebanese Collegiate Network (LCN). LCN is a non-political, non-religious, and non-profitable organization aiming to connect and develop Lebanese collegiate clubs, students and alumni within the U.S. Over 250 guests laughed the night away with Nemr and learned more about the LMT and what it has to offer. AFLMT previously collaborated with LCN to host a professional mixer in Detroit, MI in June 2012, which also was a great success.

At both shows, AFLMT presented the LMT documentary video and asked Lebanese communities in the U.S. to continue to support the LMT by walking the Trail when they visit Lebanon and by telling their friends about it, as well as volunteering with and making donations to the AFLMT. AFLMT expanded its reach in the USA, with hundreds of new fans, and raised new funds that will go to support the LMT Association in Lebanon. The AFLMT page on Facebook, where the events were posted, hit record viewership with thousands of views in the three weeks that preceded the comedy shows. Make sure to check out this page for great photos from both the VA and MI events! The LMT documentary video and other useful materials are also available at the AFLMT website at [www.aflmt.org](http://www.aflmt.org).

## AFLMT Reception at the Lebanese Consulate in New York

On February 8, 2013, the Consulate General of Lebanon in New York hosted a reception for members and friends of the Lebanese community in the New York City area to introduce them to the AFLMT. Despite severe weather conditions due to a snow storm that hit the city on the same day, nearly 50 people attended the event, in addition to AFLMT President Joseph Karam and AFLMT volunteers. The Consul General, Mr. Majdi Ramadan, first welcomed everyone to the Consulate and delivered introductory remarks about the LMT and the value of having a national hiking trail in Lebanon. Mr. Karam then presented the LMT documentary video and spoke about the history of the Trail, the LMTA and its ongoing programs and activities, as well as the AFLMT and its mission/role. Guests then asked a variety of questions about ways to support the Trail, the logistics of hiking the LMT, and many others. The AFLMT is very thankful for the Consul General and his team for their support and for providing the organization with a forum to further promote the LMT.



Photo: AFLMT

## Salon International de développement des Arrière-Pays à Taroudannt, Maroc

Sur invitation de Son Excellence le ministre de l'artisanat marocain, M. Abdessamad Kayouh, Joseph Karam, PDG du groupe ECODIT et président-fondateur de l'association « American Friends of the Lebanon Mountain Trail » (AFLMT), a présenté l'expérience pionnière d'ECODIT dans la mise sur pied du Lebanon Mountain Trail (LMT) au premier « Salon International de développement des Arrière-Pays à Taroudannt » qui s'est tenu à Taroudannt au Maroc du 16 au 18 novembre 2012. Parmi les recommandations des participants à la fin du Salon, « Organiser des sentiers et des circuits de découverte de l'arrière-pays [de Taroudant] à l'image du Sentier de la montagne libanaise, le LMT. » Bon courage Taroudannt ! Vive l'amitié Libano-Marocaine!

#1 Son Excellence le ministre de l'artisanat marocain, M. Abdessamad Kayouh, à bâtons rompus avec M. Karam qui vient de lui remettre le livre de Hana Hibri, illustré par Norbert Schiller, « A Million Steps, Discovering the Lebanon Mountain Trail ».

#2 Joseph Karam présentant l'expérience d'ECODIT dans la mise sur pied du LMT au « Salon International de développement des Arrière-Pays à Taroudannt »

## Third World Trail Conference, Jeju Korea

Christian Akhrass participated in the third World Trail Conference on Jeju Island, October 29-31, 2012. He networked with new trail organizations from Europe, Asia and South Africa and came back with new trail ideas!



1



2



## L'Association LMT s'oriente vers la République de Côte d'Ivoire

Profitant d'un voyage familial en République de Côte d'Ivoire (RCI), Salam Khalifé membre du comité de l'association LMT (association Libanaise à but non lucratif) en a profité pour présenter et faire connaître l'association, ce chemin de randonnée à travers la chaîne du Mont Liban que malheureusement beaucoup de libanais n'ont pas encore eu la chance de découvrir et encore moins ceux d'Afrique noire. Les libanais de RCI sont connectés avec le Liban essentiellement grâce à des vols directs sur Beyrouth. La communauté est d'environ 100 000 libanais parfois de la 4ème génération. De grandes familles comme les Fakhry, Khalil, Omais, Taleb, Ghandour, Nassar, Ghadar, Aoun, Borro... ont débarqué en Afrique de l'ouest avec pour première escale principalement le Sénégal au départ puis en fonction de la situation économique et de l'essor régional, ont atterri à Abidjan, Conakry, Freetown ou Accra. Le libanais est perçu comme un opérateur économique très important puisqu'il joue un rôle prédominant dans le commerce de gros et de détail mais également de plus en plus dans l'industrie.



La chambre de Commerce et d'Industrie libanaise présidée par Dr Joseph Khoury, nous a donné l'occasion de présenter l'Association et le travail en cours lors du lancement de sa 1ère réunion conviviale mensuelle, à l'hôtel Tiama. Cette séance s'est tenue dans le salon VIP de l'hôtel, un cocktail a été offert par la Chambre. L'ambiance était très chaleureuse et aimable. Une trentaine de membres de cette association ont été conviés.

*Nous avons voulu présenter le LMT comme étant un lien entre toutes les communautés libanaises mais également la plus belle façon de découvrir le Liban, un pays principalement montagneux.*

Les 26 sections que composent le LMT nous permettent tous les jours en dormant chez habitant de découvrir les populations rurales de montagne et d'injecter grâce à l'écotourisme, un revenu supplémentaire dans ces régions délaissées.

Nous avons rappelé les objectifs du LMT :

- Entretien, protéger, et développer le sentier
- Etablir de nouveaux sentiers le long du sentier
- Préserver les ressources naturelles et protéger le patrimoine culturel sur le LMT
- Participer au développement économique des villages limitrophes par la promotion d'un tourisme responsable

La richesse et la biodiversité de nos montagnes ont été soulignées et appuyées par des chiffres révélateurs de leur importance. Juste pour rappel et à retenir que le Liban est un corridor de passage de plus de 2 millions d'oiseaux migrateurs d'où la nécessité de faire appliquer la loi 580 promulguée en 2004 sur la réglementation de la chasse. Mais aussi le Liban est une oasis avec ses 2000 sources d'eau (dont 75 sources recensées sur le LMT) et plus de 3790 plantes répertoriées au Liban dont 8,5% seraient endémiques.





Photo: Salam Khalife/LMTA

La fragilité de cet écosystème et les menaces que sont les carrières (1200 carrières jonchent le territoire libanais), la construction anarchique, les dépotoirs, la chasse sauvage, la pollution des eaux...sont malheureusement telles, qu'il nous faut nous alarmer. Ces 5 dernières années de lutte contre la détérioration de l'environnement nous ont conduits à vouloir mettre en place dès 2013 une éducation civique environnementale dans les écoles publiques libanaises via un programme scolaire et para scolaire. Un guide pour les enseignants dans les 3 langues (arabe, français et anglais) devra être mis en place ainsi qu'une formation des enseignants.

Nous tenons à remercier vivement la Chambre de Commerce et d'Industrie Libanaise d'avoir été à l'écoute de nos préoccupations qui sont et doivent être celles de tous les libanais. Encore merci à Dr Khoury et également à toute l'équipe de la Chambre de tout mettre en œuvre pour que ce projet aboutisse et que chaque libanais puisse se retrouver et s'identifier à ce Sentier de la Montagne Libanaise.

Marcher avec nous sur le LMT, c'est partager et contribuer à l'essor de la montagne libanaise par la protection de la nature et de l'environnement. Nous vous invitons tous à nous rejoindre pour quelques jours sur nos sentiers. La cotisation « Adrian » à vie qui est

de \$500 nous permet d'investir directement dans la protection des sentiers et des paysages naturelles. C'est encore une façon d'appuyer le LMT.

A très bientôt nous l'espérons sur nos sentiers. Les bureaux du LMT se tiennent à votre disposition pour toute information complémentaire. Visitez notre site [www.lebanontrail.org](http://www.lebanontrail.org) et suivez nos activités sur Facebook.



# Walking the Lebanon Mountain Trail

The LMT Association hosted a very passionate international travel reporter, Mr. Kevin Gould. He spent three days on the LMT, exploring the trails and guest houses in the Shouf. With permission, here is what he wrote in the UK daily, *The Guardian*.

The Guardian, Friday 26 April 2013  
Photographs: Kevin Gould

It is 441km from top to tail. It joins together in peace, villages and communities that were once more used to bombing each other. It protects precious, vulnerable mountains, forests and valleys. It is a walk through cloud forests and lost hamlets, through holy shrines, lonely orchards and 6,000 years of human history – including WWE wrestling. It is the Lebanon Mountain Trail.

Lebanon is half the size of Wales, and most of its 4 million souls live along its narrow Mediterranean strip. Inland, the country is dominated by massive mountain ranges with a limited road network that can make an inch on the map equal to two hours in a car. I'm walking sections of the trail through the Chouf mountains, leaving from the Druze village of Barouk, 50km from Beirut. Nabil, my Beirut taxi driver, might as well be in Africa, so foreign is this rural trip to him. "Incroyable!" he exclaims as we crest the mountain pass at Ain Zhalta, and "doucement, Nabil!" as his ancient Mercedes its 40kmph and tears worryingly round barrier-free, hairpin bends.

Nabil somehow pilots us, sans headlights, brake lights or a third gear, to the hillside home of Akram Mahmoud in Barouk. In 2005, ECODIT managed to charm \$3.3 million out of USAID and additional resources from the Lebanese diaspora to map, blaze and manage the trail and to promote environmentally and socially responsible tourism, thus encouraging people like Akram to open their homes as guesthouses along the route.

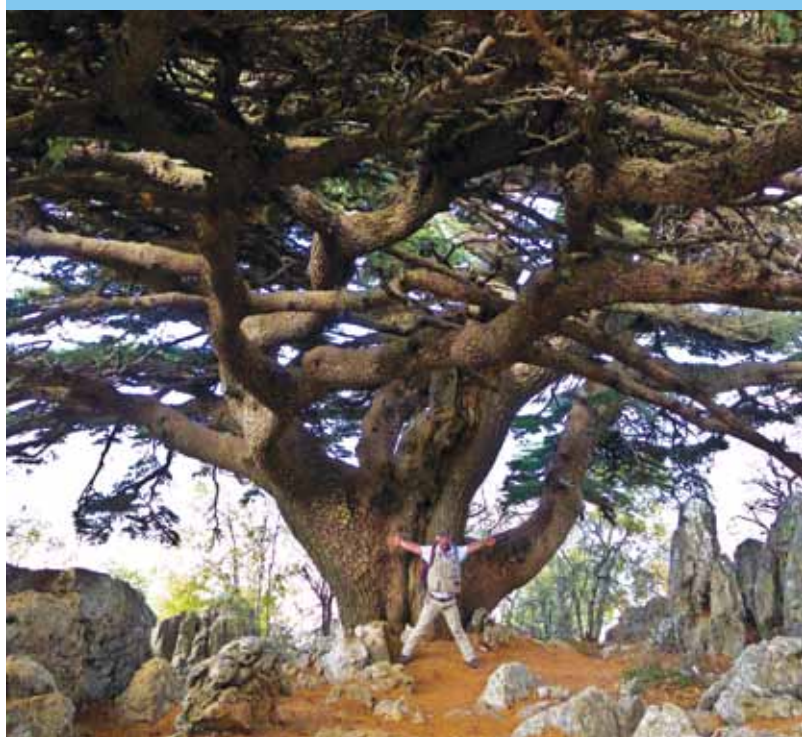
Akram's place is comfy and clean with lots of hot water, and electricity until 11pm. I wake to shy, slanting sunbeams playing across the valley and a breakfast of homemade fig jam, white cheese (known as labne), olives and manakeesh – warm wholemeal flatbreads spread with wild thyme, toasted sesame and lemony sumac, slicked with Akram's olive oil. I eat four, reasoning that I'll soon be walking them off.

Having divided the trail into 26 sections, the LMTA has trained the guides you hire in each village that take trekkers along each stage. My guide today is Muni Bawadi.

"Kevin?" he asks "Like Kevin von Erich?" It seems that during the war years of 1975-1990, there would be a ceasefire each Wednesday evening as opposing factions tuned in to WWE wrestling, whose pretty-boy star was said Kevin. Yes, Muni, I say – a similar Kevin. Muni calmly sizes up the condition this Kevin is now in, and the size of the breakfast I've just pigged, and suggests he'll send my pack forward to the start of tomorrow's section as today's walk might be a little "up and down".



LMT guide Muni Bawadi beneath a Cedar tree





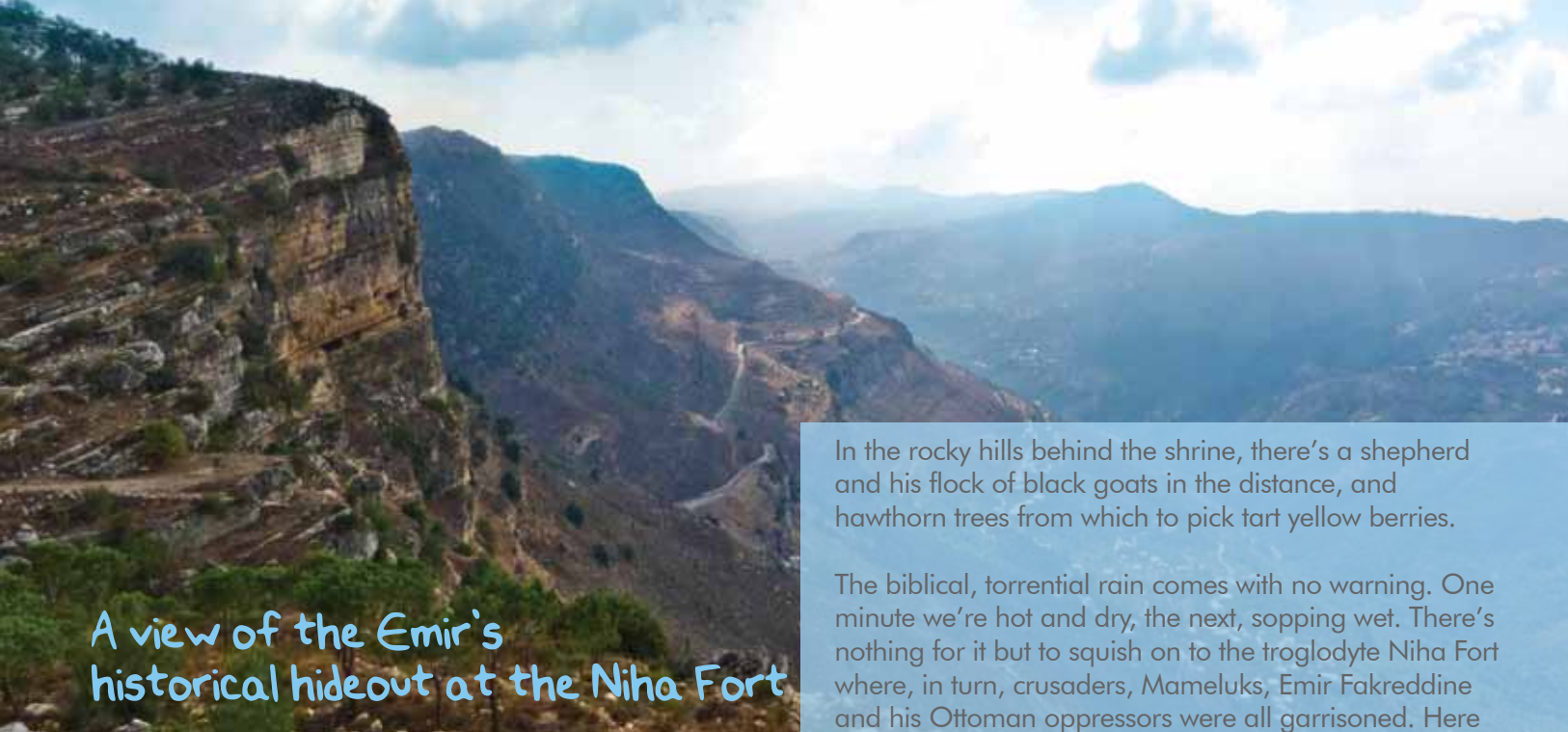
in bright autumn sunshine; to our left, the blunt peak of Jabal el Barouk snuggles under a duvet of thick white cloud. All around us are thousands of cedar trees, whose resinous clean smell sharpens the senses and clears my head – if not my manakeesh-heavy digestion.

The poet Alphonse de Lamartine came here in 1832. He sat in contemplation under the feathery green arms of a huge, cliff top cedar that was even then perhaps 2,000 years old. Muni and I loll there today on a carpet of cedar needles, cracking walnuts and jokes, and munching on apples and fresh yellow dates. Before lunch we tramp down to calm, quiet Maaser el Chouf, where the biosphere HQ is in a restored Ottoman house from where you can also hire bikes. Maaser is a mixed Druze and Christian village where, in 1983, 63 Christian women, children and men were massacred by their neighbours.

You simply cannot escape the past in Lebanon, whether it's the tank road bulldozed by Israelis through the silent cedars above us, or the upside-down triangles we see all alongside the trail, warning of landmines. But there's no market for war here just now, and initiatives such as the LMTA seed and breed a very welcome peace. The day ends at Baadaran at the end of a 1950s airstrip in a remote pine clifftop cabin with an en suite shower. There's no electricity until 2am, and no sound save some hyenas across the valley and distant village dogs. I wake at dawn to the crack of small-arms fire, fearing war, but finding instead that it's illegal hunters massacring tiny crakes, snipes and larks: Lebanon is among the planet's important staging posts for migratory birds, with millions passing through each spring and autumn.

Akram drives us to the start of the stage. En route, I'm introduced to the mukhtar, or headman, Youssef Halawiyeh, as Kevin, old-timer star of all-in tag. At 800m above sea level, a barrier marks the entrance to the Shouf biosphere reserve, through which the LMTA has blazed its main trail; there are also 280km of side trails. This protected area comprises 5% of Lebanon and is home to its largest cedar forest and to more wild boar, hyenas and wolves than they can currently count. Muni isn't one for hanging about and we're soon walking quickly uphill, past a 1961 fire engine with which the Biosphere volunteers try to fight the inevitable forest fires. A sweaty hour later and we're at 1,850m, with my lungs making Nabil's asthmatic taxi sound like a Daimler. The view, though, is worth a thousand wheezy climbs. Below us, Barouk relaxes

Nazir, today's guide, brings me a champion wrestler's breakfast after which we thrash along a path where he cuts through huge thornbushes with his staff and along ancient, stone-stacked terraces. We chat in a stodgy mix of Arabic, English and French, and munch on juicy wild grapes at a dry wadi before attempting the steep climb to the sleepy village of Jbaa. As the landscape changes from wild to human-tamed, we pass tiny groves of fruit trees. At one, a venerable Druze gentleman picking apples smilingly insists we take a dozen. As Nazir and I saunter, refreshed from Jbaa, we're pressed to accept handfuls of roasted pumpkin seeds, huge bunches of chilled green grapes, squashy black figs and many more apples by villagers and farmers along the way.



## A view of the Emir's historical hideout at the Niha Fort

As Nazir and I saunter, refreshed from Jbaa, we're pressed to accept handfuls of roasted pumpkin seeds, huge bunches of chilled green grapes, squashy black figs and many more apples by villagers and farmers along the way. Late afternoon finds us in Niha: after Jbaa, Niha's dozen shops and single bar (which shows WWE on a huge screen) make it seem like New York. My host here is Chafik Merchad. In the mid 1980s, he picked up a landmine which blew off both hands and wrists, and left him with only 20% of his hearing. Chafik is charming, witty and energetic. He serves me chilled apple juice and speaks beautiful English (and Russian – the Druze are led by socialists and many of their brightest received a Russian education). He and his wife, Sahar, cook a dinner that includes the most delicious chicken-rice dish I've ever eaten. Everything in the meal, save the rice and the bread, was grown by them. Chafik is a published author who writes his romantic poetry with a biro wedged between what's left of his arms.

Next morning, he's reciting ghazals over breakfast as LMTA's Christian Akhrass joins me to walk my final day, to Jezzine. The weather so far has been glorious so I send my waterproofs ahead with my pack and, Kevin von Erich-style, I kiss my biceps and suggest to the graciously bemused villagers that, "I'm Ready to Rumble". Almost immediately we're into a sobering 1km climb along the oak-and pine-forested path that zigzags every few metres up the near-vertical slope. We're rewarded at the summit by the Nabi Ayoub shrine to the prophet Job (who may have lived here). I would like to live there too, high above the clouds, feeling like the peregrine falcon that plummets past us on its way to a lunch date.

In the rocky hills behind the shrine, there's a shepherd and his flock of black goats in the distance, and hawthorn trees from which to pick tart yellow berries.

The biblical, torrential rain comes with no warning. One minute we're hot and dry, the next, sopping wet. There's nothing for it but to squish on to the troglodyte Niha Fort where, in turn, crusaders, Mameluks, Emir Fakreddine and his Ottoman oppressors were all garrisoned. Here 700 soldiers could hide unseen, and control the Sidon-Bekaa road half a mile below. Here, Christian and I dry out in the guardian's kiosk, sipping thick Arabic coffee before the two-hour lope to the town of Jezzine.

The Israelis only left these mountains in 2000, and evidence of their trenches and emplacements, and those of the Lebanese army, remain. One route to Jezzine today would take us through a Hezbollah checkpoint – a place worth avoiding for those of us with foreign passports. Instead, we follow an old goat track past long-abandoned terraced pomegranate groves, where we help ourselves to their ruby-ripe fruit.

Jezzine, with its elegant, Italianate architecture, is overlooked by two huge crucifixes and is home to a souk where you're offered blingy hand-made cutlery, crispy breads, sun-dried grapes that smell of the mountains and local wines that taste as you'd imagine they might have in the times of Job and Jesus. At Mardakouche restaurant, we eat a hero's dinner (with complementary boiled snails served after dessert) before retiring to the smart, cool Iris Flower Hotel for hot showers and cold beers.

Before I walked this short stretch of the Lebanon Mountain Trail my wife asked would I be safe? Would I come back dead? Well, my wonderful guides ensured my safety, always, and walking this trail gave me a precious insight into Lebanese village life, renewed respect for the indomitable Lebanese spirit, a fresh interest in WWE – and the feeling of being thrillingly, actively alive.



Photo: Jouzour Loubnan

# News from our Partners

## We Plant Forests!

Indeed, this is what we do. We enjoy planting, we enjoy the soil, we enjoy the nature, we enjoy having more people plant with us, we simply enjoy a Green Lebanon... and we want to continuously contribute to expanding our green woodlands.

## But how do we do it?

Where do we start? What does it take? Lebanon's forest cover is shrinking every year. Only 12% of our country is today forested. Forests are unique habitats harboring biodiversity! They also moderate climate change, protect against desertification, and increase soil water infiltration. Facing this national challenge, a small group of volunteers decided in 2008 to setup Jouzour Loubnan. Our Mission is to participate in the restoration of Lebanese woodland and promote sustainable forestation mainly in arid regions. We have three interconnected goals: (1) Increase forest areas, (2) Empower local communities, and (3) Promote environmental awareness.

The success of our forestation campaigns resides in our commitment to ensure the appropriate irrigation, guardianship and protection of the trees we plant. Simply, we *identify a municipal land, study its ecosystem, sign an agreement with the related mayors, find the necessary funds to buy the trees, identify the natives species of trees, identify the local and regional nurseries, plant the trees, protect the trees with a fence, irrigate them, monitor their growth, and create local awareness.* It all seems quite easy but in reality, reforestation is fraught with challenges especially in arid regions due to extreme weather conditions, lack of surface water, poor soil quality, overgrazing, but also uncontrolled grazing, disagreements between or within municipalities, lack of environmental awareness, the unavailability of native species, and shortage of funding.

<sup>3</sup> Registered under number 491 on April 17th 2008 at the Lebanese Ministry of Interior and Municipalities



Sustainable funding and collaboration with local municipalities and populations are two major pillars of our program. Municipalities from all corners of Lebanon approach us to offer vacant municipal lands for reforestation. However, winning the commitment of these municipalities to ensure the long-term conservation of the trees is not easy and requires a lot of patience. Because we place a premium on local participation and ecosystem management, our reforestation initiatives have so far achieved 90% survival rate.

Since 2008, Jouzour Loubnan has planted more than 120,000 native trees on more than 300 hectares of municipal lands in 10 different regions across Lebanon including Ehden, Aqoura, Kfardebian, Oyoun el Simane, Chabrouh, Ehmej, and Ibl el Saki. These initiatives were implemented with the assistance of 2,500 volunteers, the Lebanese Army, and the French, Spanish and Nepalese UNIFIL soldiers and officers. We also established and operate a laboratory for seed germination and conservation in Saint Joseph University, Mkalles and initiated the "green program for real estate" 1m<sup>2</sup> planted for every 1m<sup>2</sup> built.

For more information:  
[www.jouzourloubnan.org](http://www.jouzourloubnan.org)  
Tel: +961 71 124 000, +961 3 939472

## Association for the Protection of Jabal Moussa

Jabal Moussa Biosphere Reserve

Just 50 km northeast of the capital Beirut, stands Jabal Moussa Biosphere Reserve (JMBR), a unique mix of biodiversity and history located in the Caza of Keserwan. Fringed by Nahr Ibrahim and Nahr al Dahab, the JMBR remains pristine and rich in biodiversity. Its slopes are covered with dense forests and oak that harbor a dense undercover (727 flora species identified so far including 7 endemics). The reserve is also home to 25 species of mammals including the threatened and rare wolf and the rock hyraxes.

Rich with archeological and spiritual sites, Jabal Moussa reveals the interdependence of Man and Nature throughout history: ruins of an old village isolated in the mountain; rock carvings of Roman Emperor Hadrian; Roman stairs along the mountain's Southern slope; mystic Adonis Valley as a death site of God Adonis according to Phoenician mythology; Mar Geryes Monastery; and a Cross at the summit.

The natural and cultural heritage of Jabal Moussa became increasingly threatened by extensive illegal quarrying and unsustainable resource exploitation, which drove members of the local communities to establish in 2007 the Association for the Protection of Jabal Moussa (APJM). The Association aims to conserve the biodiversity of Jabal Moussa and preserve the cultural heritage of the Mountain and its surrounding villages (Yahchouch, Qehmez, Mchati, Ebreh w Chouwan, Ghbeleh, Jouret el Thermos).

APJM has acquired new levels of designation for Jabal Moussa. The Ministry of Agriculture declared the mountain a Protected Forest in 2008, BirdLife International designated Jabal Moussa an Important Bird Area in 2009 and then UNESCO declared it a Biosphere Reserve under the Man and Biosphere



program (MAB) the same year. In 2012, Jabal Moussa was declared a "Natural Site" by the Ministry of Environment.

As part of the MAB program, the APJM supports socio-economic development of the local communities:

- 1. Conservation:** research projects; tree nurseries to supply seedlings for reforestation; awareness books for children ("Tabsoun Tabsoun"); nature guides.
- 2. Development:** Production and marketing of "Jabal Moussa" food and handicraft products.
- 3. Ecotourism:** more than 10 km of trails with signage and panels, packages for guided hikes, trained guides and forest guards, local guesthouses and Bed & Breakfast.

The APJM and the LMT Association are exploring a side trail that would link Jabal Moussa to the LMT. The proposed side trail will branch off the LMT at the level of Nabaa el Hadid (Qehmez) and leads hikers to the JMBR's main entrance.

For more information: [www.jabalmoussa.org](http://www.jabalmoussa.org) and "Jabal Moussa Biosphere Reserve" page on Facebook.

Contact us:  
E-mail: [info@jabalmoussa.org](mailto:info@jabalmoussa.org)  
Tel: +961 9-643464, +961 71-944405



Association for the Protection of Jabal Moussa



## Association pour la Protection des Sites et Anciennes Demeures

Chers amis,

Nous avons le plaisir de vous annoncer une bonne nouvelle: l'affaire du Pont Naturel de Kfardebiane, qui a fait couler beaucoup d'encre, est pratiquement terminée et le Pont sauvé !!

Cette fin vient couronner une action vigilante et soutenue qui a duré 19 années. Elle a nécessité des efforts, des interventions et des campagnes médiatiques menées par Gladys Nader, Nelly Abdallah et Gaby Bustros avec SOS Environnement qui, lors d'une randonnée en 1994, avaient découvert le début d'une construction illégale sur le Pont. Bloqué dans son projet par le Ministère de l'Environnement, le promoteur avait intenté un procès devant le Conseil d'Etat. La décision du Conseiller d'Etat vient enfin nous rassurer, en rejetant le 14 janvier 2013, l'action du promoteur.

La dernière action-choc, une conférence sur le site même, organisée le 8 août 2009 par le Comité Environnement de l'APSAD et une trentaine d'associations, avait redynamisé le public et les médias. Mais c'est surtout l'intervention de l'APSAD en 2009 comme tierce partie dans ce procès aux côtés du Ministère, qui a été radicale et favorisé cette heureuse issue.

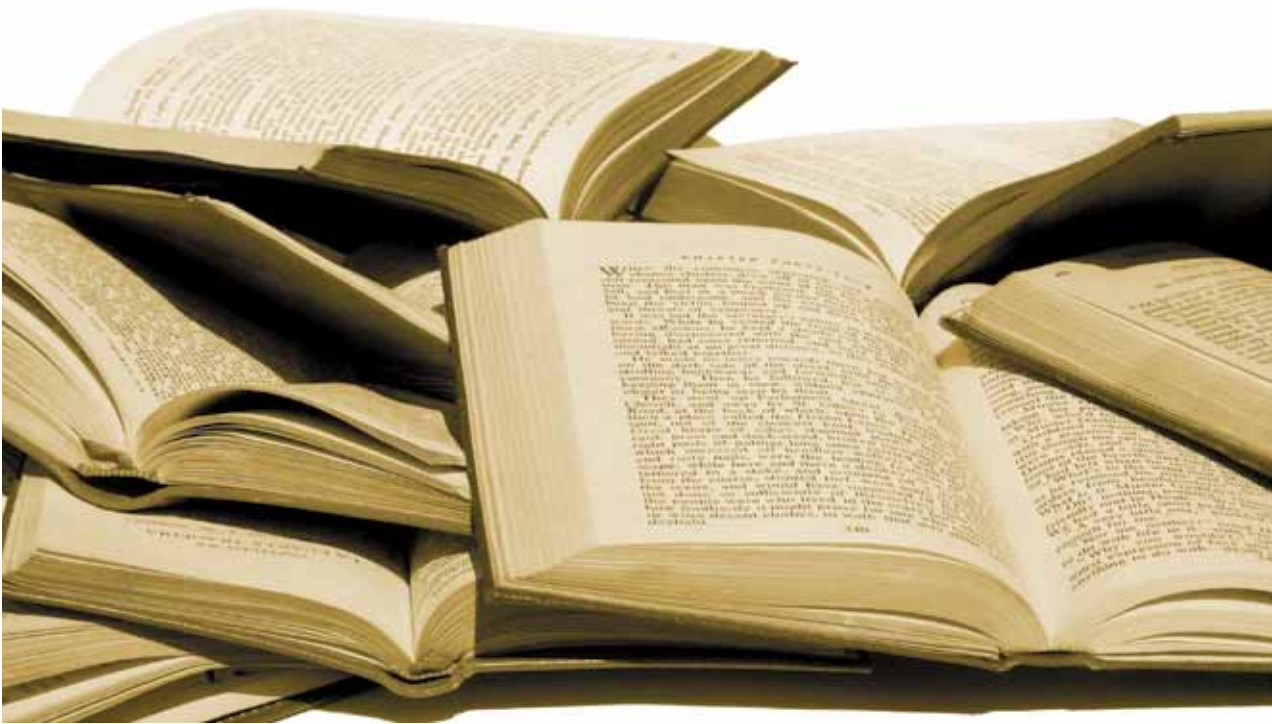
Ce cas est unique au Liban : c'est la première fois qu'un promoteur qui s'attaque au patrimoine se trouve bloqué par des écologistes et par le Ministère de l'Environnement, et se voit obligé de recourir à la justice... qui à son tour rejette son recours.

Ce succès nous montre que le sauvetage du patrimoine n'est pas impossible, mais il nécessite des actions de longue haleine, en coordination avec les organismes responsables, les médias et la société civile.

Nelly Abdallah et Gladys Nader  
Comité Environnement- APSAD  
Beyrouth, 6 mars 2013



*On August 9, 2009, a coalition of Lebanese NGOs protested onsite demanding authorities to ban all forms of construction on and near the natural stone bridge of Kfardebian*



# Book Reviews

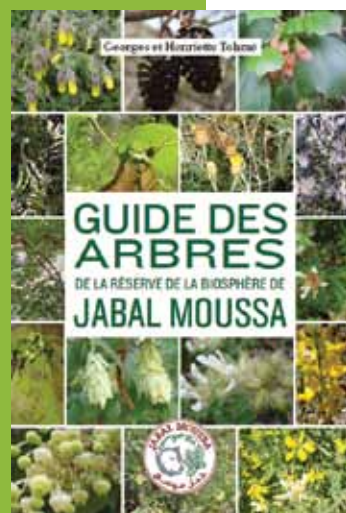
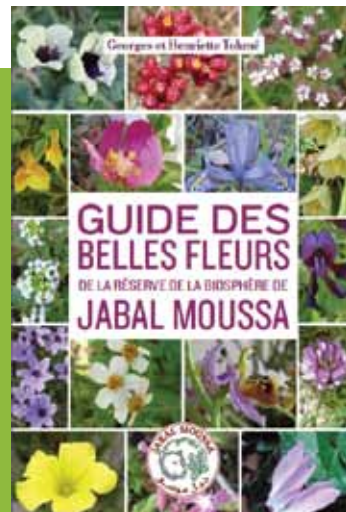
## Guide des Belles Fleurs Reserve de Biosphere de Jabal Moussa

En effet, un guide superbement image, colore, les photos sont d'une rare beauté et les prises de vue des plus réussies. A parcourir ce guide, une seule envie nous vient, tout lâcher et aller a la découverte de cette Reserve centrale du Liban qui, comme le précise les auteurs, depuis déjà l'époque romaine, a attiré l'attention de l'Empereur Hadrien (vers 125 ap. JC) par la richesse de sa flore d'où l'existence d'inscriptions mais également d'un escalier romain.

Facile à parcourir et très accessible, ce guide grâce a sa préface et son avant-propos, brefs et concis, vous propulse directement dans le vif du sujet. Ne ratez pas l'occasion de l'acquérir et de vous offrir une exceptionnelle ballade dans la Reserve de la Biosphere du Jabal Moussa.

En parcourant les premières pages, nous pouvons noter quelques allusions aux villageois qui sont rares a habiter cette région mais nous marqueront par leur attachement a leur terre et a sa richesse. Ce guide nous parle brièvement donc de faune, de flore, de forêts, de géologie, de population...ainsi que fait naître en nous, un intérêt croissant quand a la découverte des lieux.

Revue par Salam Khalifeh, membre du comité de l'Association LMT



# Caves of Lebanon

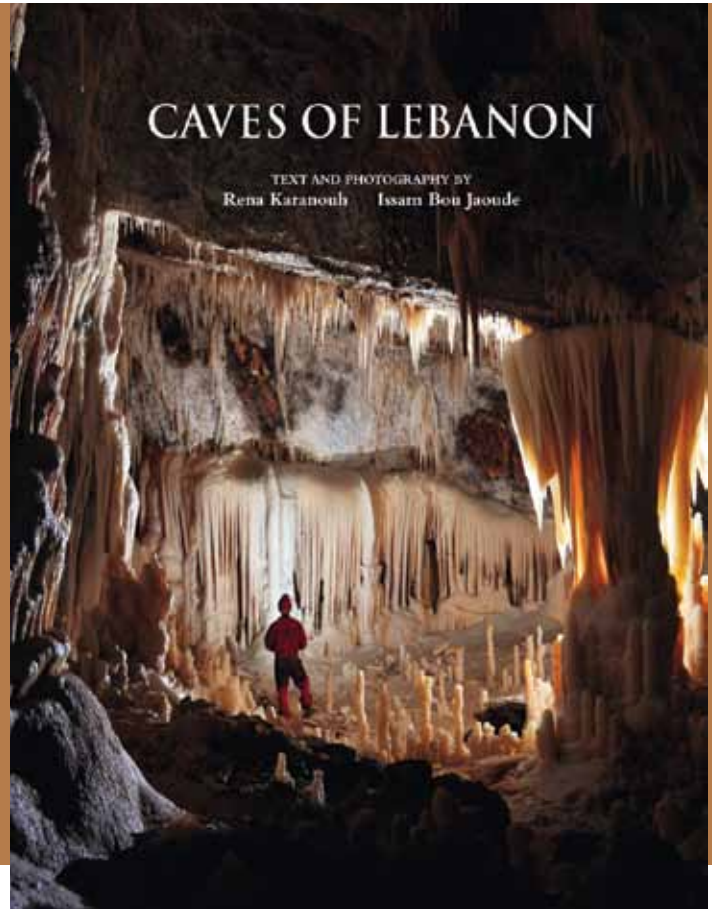
Text & Photography by Rena Karanouh & Issam Bou Jaoude

Spending hours crawling underground through tight rocky passages, in semi-darkness, in soaking wet conditions, might not be everybody's idea of a relaxing day out, but for the authors of Caves of Lebanon Rena and Issam these challenging conditions were worth enduring to discover, study, chronicle and photograph Lebanon's fascinating cave complexes.

Organized according to their geographical regions, the reader discovers the splendor and variety of these hidden natural wonders, formed over many millions of years through the action of acidic water on fractures and fissures in limestone rock so prevalent in Lebanon's topography. According to the text over 700 caves have been documented to date. Dotted with interesting and illuminating facts on a wide range of cave related topics, the reader learns that the Brown Bear, sadly no longer present in Lebanon, was known to hibernate in the caves of the Anti-Lebanon mountains, and the Phoenicians would use extractions of tar found in caves to protect their boats and houses.

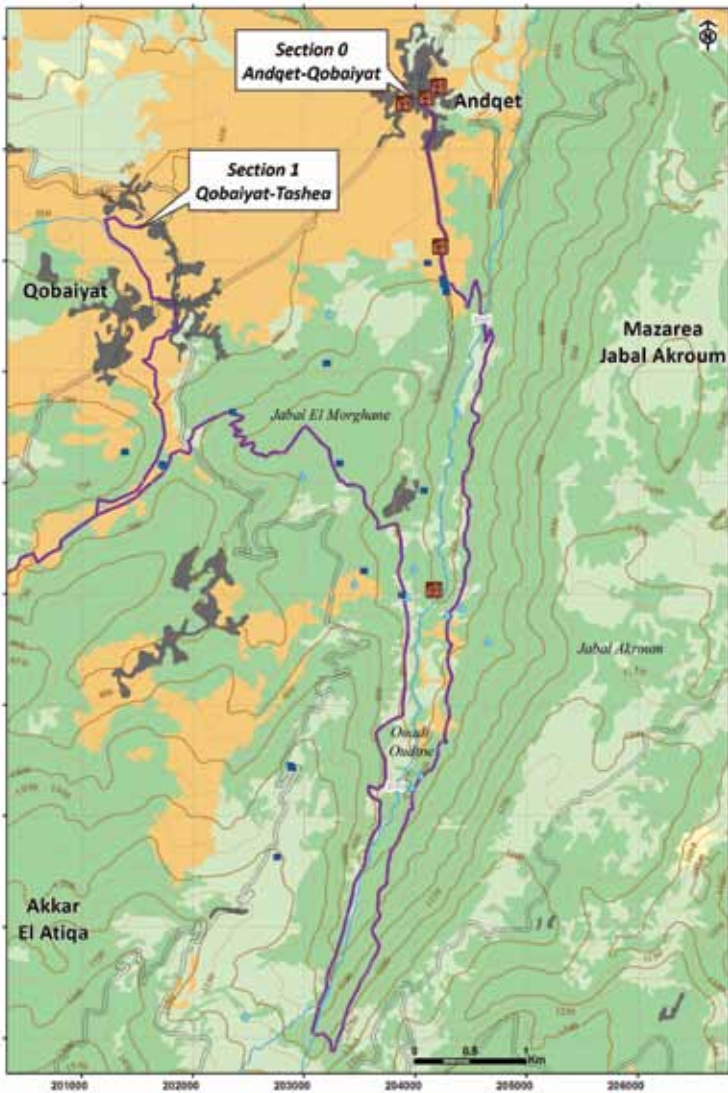
Jeita Grotto is the best known, but by no means only, show cave home to, 'a beautiful array of speleothems from rimstone dams, columns, flowstone, popcorn, pearls and canopies' is also Lebanon's longest at over 10km (refer to the book for explanation and photos of these terms). No wonder many thousand visitors trek through the gates every year to view these splendid natural formations, a finalist in the New 7 Wonders of Nature competition.

The atmospheric photography, capturing the caves' murky and dank interiors as well as reflecting the claustrophobic conditions endured by the adventurers, is a particular strength of the book. Thanks to the authors' clever inclusion of cavers in most of the photos, we can also appreciate the scale and majesty of the rock formations. Tantalizing, but scant details, about local myths and legends attached to Lebanon's caves are referred to in the preface. It's a shame, though, that these old wives' tales are not developed further in the book, as I would have enjoyed the detail, color and even touch of humor, these would have added to a serious text.



Review by *Charlotte Hamaoui*, Managing Director of Turning Point Books, a publishing house based in Beirut dedicated to publishing high-quality books with Lebanese and Middle Eastern themes.  
[www.tpbooksonline.com](http://www.tpbooksonline.com)

# Trail Updates - Extensions



## LMT Section 0: Andqet-Qobaiyat

Section 0 extends 17km from Andqet to Qobaiyat, through *Wadi Oudine* at the foothill of *Jabal Akroum*. Most of the trail follows a dirt road passing through a dense pine forest. It then crosses near Saint Elias Monastery and *Nabaa el Gharbi*, climbs back up to "Jabalna Lodge" before descending to Qobaiyat.

### Trail Profile:

Elevation: 565m (Andqet) 547m (Qobaiyat)  
 Total uphill: 550m and Downhill: 512m  
 Length: 17km (easy to moderate)

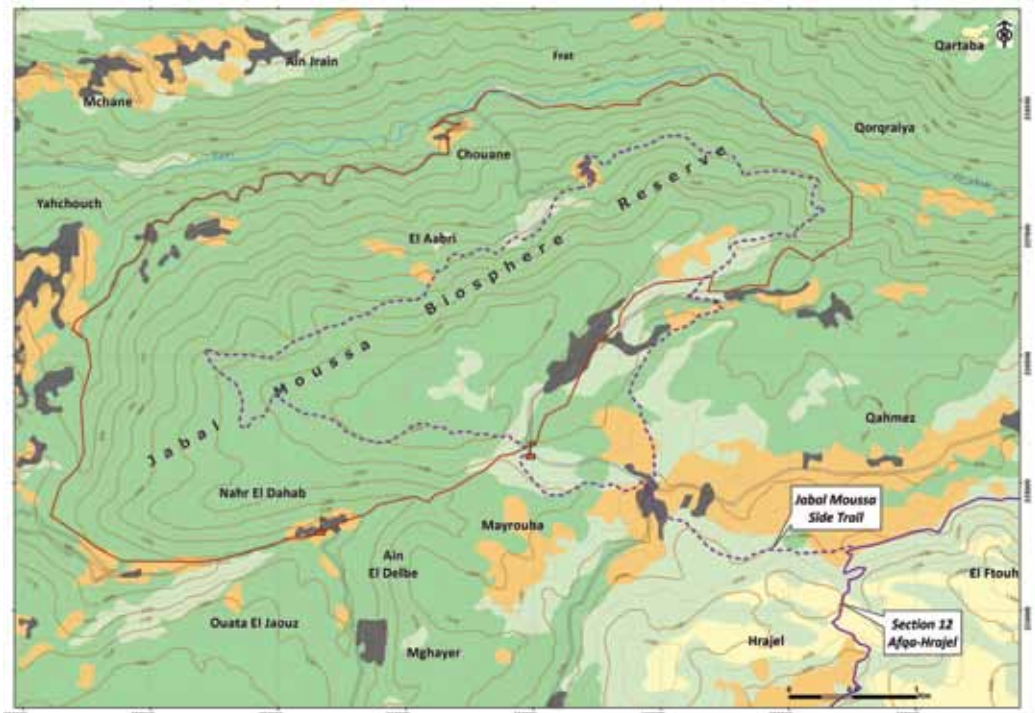
## LMT Side Trail: Jabal Moussa

The side trail starts at *Nabaa el Hadid* (LMT Section 12) and extends toward Qahmez and Broqta. The trail follows a steep descent toward *Ain el Aouinat*, and then joins the main trail to el Aabri. After leaving *Nabaa el Hadid* toward Qahmez, the landscape changes to open and mixed forest. Once you enter the perimeter of *Jabal Moussa*, a fabulous view will greet you overlooking *Nahr Ibrahim*, as well as enchanting foot trails inside mixed forests. After reaching El Aabri (midway point), continue through the forest towards the cross of *Yahchouch* and *Chmiss Qbele*, near the Qahmez entrance. Then continue upward to LMT Section 12. Caution: this side trail has not been blazed yet!

### Trail Profile:

Elevation: 1260m (La Reserve Afqa) & 842m (El Aabri)  
 Total Uphill: 630m and Downhill: 790m  
 Length: 20km (difficult)

Source: Maps prepared by ECODIT for LMTA



# Contributors Report 2012-2013

2012 (Jan - Dec)	2013 (Jan - Jun)
<b>\$0-99</b>	<b>\$0-99</b>
Rola Attar	Elissar Baalbaki
<b>\$100-249</b>	<b>\$100-249</b>
Nizar Hani	Angus Mckee
<b>\$250-499</b>	<b>\$250-499</b>
Mersaco	Hana Hibri / Turning Point EcoConsulting
<b>\$500-999</b>	<b>\$500-999</b>
Adrian Cazalet Responsible Mobilities	Gisele Karam
<b>\$1,000-4,999</b>	Issam Fakhri
Hana Hibri/Turning Point Charlotte Hamaoui	<b>\$1,000-4,999</b>
<b>\$5,000-9,999</b>	Tamer Fakhry
American Friends of the LMT Environmental Fund / GIZ Fattal Holding	Ali El Amin
	Hussein El Khalil
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	Ramzi Omais
	<b>\$10,000-19,999</b>
	Anonymous
	Zeinab Al Haj Yousef
	Karim Fakhry
	<b>\$20,000-\$29,999</b>
	Moustapha Khalil



# Become an Adrian Life Member

## What is an Adrian Life Member

The Adrian Life Membership is an honorary form of membership into the Lebanon Mountain Trail Association. It was coined after an inspirational hiker, Adrian Cazalet, who visited Lebanon in 2010 and 2011 and hiked the full length of the LMT, twice, at the age of 75. Adrian is an enduring reminder that long-distance walking is good for us! Coincidentally, the Roman Emperor Hadrian Augustus (117-138 AD) put up boundary markers in the mountains of Lebanon and near the LMT. Historians have documented 187 such inscriptions which delineate the boundary of the forest of the Emperor Hadrian Augustus and ban the felling of four species of trees. These four species are believed to include the Lebanese cedar *Cedrus libani*, the juniper *Juniperus excelsa*, and the Silician fir *Abies silicica*. Unfortunately, large areas of Lebanon's historic forests have disappeared since then.

## How to become an Adrian Life Member?

Anybody can become an Adrian Life Member provided that you endorse the goals of the LMT Association and pledge to protect and promote the LMT for generations to come. The one-time cost for joining the society of Adrian Life Members is \$500 for the first 50 members, then \$750 for the next 50 members, then \$1000 for all members beyond. All revenues from Adrian Life Membership subscriptions are stored in a separate account, which is dedicated to long-term conservation goals. For example, we hope to use this funding to buy land near the LMT and earmark it for long-term conservation (analogy, the Land Trust in the United Kingdom or the Conservatoire in France).

## Adrian Life Members (until June 2013)

- |                      |                           |
|----------------------|---------------------------|
| 1- Adrian Cazalet    | 18- Desmond Cooper        |
| 2- Ina Rihani        | 19- Saad Khalife          |
| 3- Lina Fakhry       | 20- Zeynab Khalife        |
| 4- Nadim Saad        | 21- Patrick Abi nader     |
| 5- Nadine Weber      | 22- Najwa Fakhry          |
| 6- Rania Abou Mosleh | 23- Ridala Taleb          |
| 7- Alfred Farwaji    | 24- Diana Fakhry          |
| 8- Salam Khalife     | 25- Fatme Darwich         |
| 9- Caroll Feghali    | 26- Rudy Farwagi          |
| 10- Vim Balvert      | 27- Tammar Hadichian      |
| 11- Walid Abou Habib | 28- Beatrice Le Bon/Cahmi |
| 12- Tariq Al-Ahmadi  | 29- May Khalife           |
| 13- Paul Khawaja     | 30- Fawzi Karam           |
| 14- Namir Kanaan     | 31- Firas Assi            |
| 15- Rend Haffar      | 32- faysal Assi           |
| 16- Rola Chamas      | 33- Margaret Novotny      |
| 17- Roger Cazalet    |                           |



## Benefits and lifetime privileges

As an Adrian Life Member, you will join an inner circle of LMT friends from around the world. You will receive priority booking on LMT events, including its popular annual thru-walk, you will receive a copy of our semi-annual LMT Society (the magazine of the LMT Association), and your name will be printed on the LMT's wall of goodwill hikers. You will also receive an LMT patch (for your backpack!), a sticker (for your car or bicycle) and a LIFE Membership card with your photo.



# LMT Store

## Book available for purchase from the LMTA

*A Million Steps: Discovering the Lebanon Mountain Trail*, a best-seller! This book is also distributed by Turning Point and can be purchased online. Proceeds from the sale of this book go to the LMTA.

Price: LL90,000 or \$60

## Other items available for purchase from the LMTA

- A Guide to the LMT –to help you decide which sections you want to walk and where to stay

Price: LL12,000 or \$8

- LMT Passport –to help you record your walks on the LMT

Price: LL5,000 or \$3

- LMT Special Edition –to store your sectional leaflets and the guide in a nice box Price: LL30,000 or \$20

- LMT Pin –to place on your fleece, windbreak, or backpack

Price: LL3,000 or \$2

- LMT T-shirt –to keep you fit and looking good (navy blue)

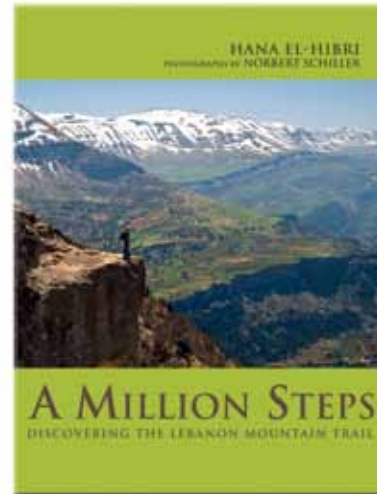
Price: LL15,000 or \$10

- TNF Fleece with the LMT patch –to keep you warm and dry (purple for women and deep blue for men)

Price: LL100,000 or \$66

## How to Place an Order?

If you want to place an order, please call our office on: +961 5 955302 or visit our e-store and order online. All prices are excluding shipping and handling. If you live in the US or Canada, please order the above LMT items from the American Friends of the LMT ([www.aflmt.org](http://www.aflmt.org)).



**Mabrouk !**



درب الجبل  
اللبناني



Lebanon  
Mountain Trail

## Shell Cleanup

*Shell cleanup with Melkart School in Tallet el Mzar (Baskinta) on May 23 and June 6. About 220 bags (165,000 shells) collected!*

This campaign aims to inform youth about the impact of illegal hunting on bird populations and the environment. Schools will collect 1 million empty shells on the LMT, which will be recycled to manufacture waste bins. If you want your school to join the campaign, please contact the LMT Association.



*Shell cleanup with LMT volunteers in Falouha on June 23.*



*About 40 bags (30,000 shells) collected!*