



درب الجبل اللبناني  
Lebanon Mountain Trail

# Hiking & Organizing Hikes Responsibly During the COVID19- Pandemic



# INTRODUCTION

According to public health officials, the risk of COVID-19 spreading in outdoor environments, where physical distancing is practiced, is currently considered low.

Trail activities such as hiking, trekking, walking, or trail running present opportunities for continued recreation and fitness with few challenges for minimizing the spread of COVID19-.

With unprecedented lockdown having taken place in nearly every country in the world, our communities and families have had to endure challenging times indoors. We need to continue to take appropriate safety measures even when on trails.

We are all eager to get out and reconnect with nature after the lockdown. If we are to do so, we need to follow some safety and responsibility guidelines, especially when hiking in groups and interacting with people that are not members of our household.

We have collated the best practices for on-trail safety in a time of the pandemic from the LMTA Community Development team. **#HikeItProtectIt**

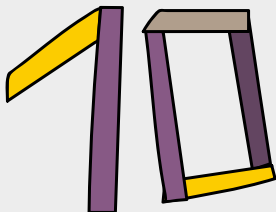
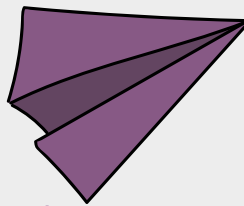
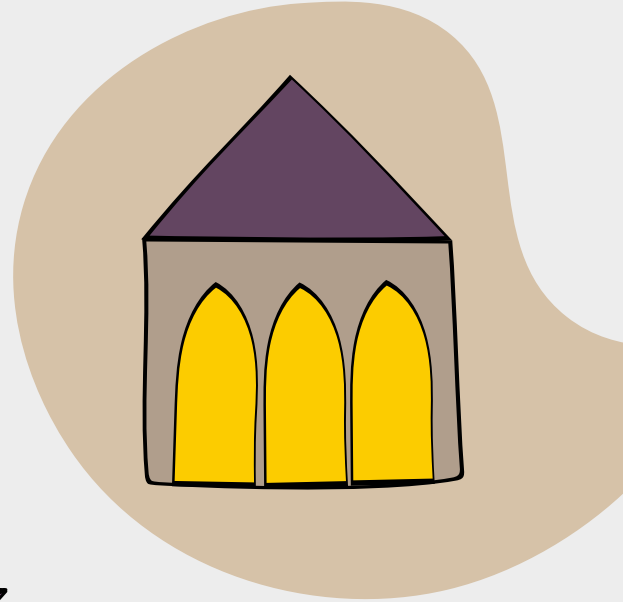


## PLANNING AHEAD

We recommend not to hike in any groups other than members of your household until further notice regarding the COVID19 situation in Lebanon. There are still new cases every day.

We recommend remaining in quarantine if you are sick if you have been traveling or close to people who have been traveling for less than 20 days.

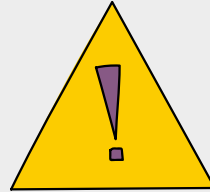
If a hike is organized we recommend limiting the total number to a maximum of 10 people, including the guide and the tour leader.



# LMT TIPS FOR HIKING RESPONSIBLY

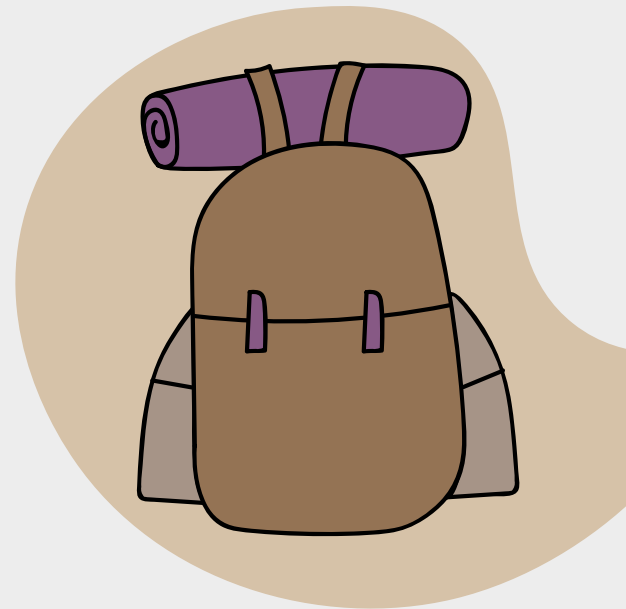
## PREP FOR YOUR HIKE

Avoid trails that have become crowded, even if the area is officially open.

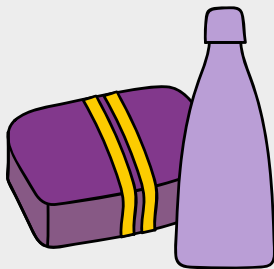


We recommend bringing your own hiking gear and avoid borrowing equipment from other participants, such as:

- Water
- Snack
- Hiking poles
- Mask (reusable and washable)
- Hand gel or hand sanitizer
- Soap and towel, in case there is water available on the trail



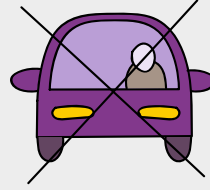
We recommend against sharing food or water and eating from the same lunchbox.



# LMT TIPS FOR HIKING RESPONSIBLY

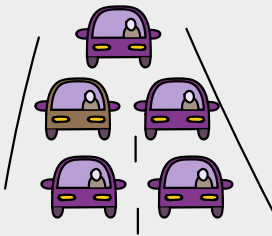
## GETTING TO YOUR TRAIL

We recommend not to carpool or take a bus with people who are not members of your household.



Wash your hands/ sanitize them before going into a bus or a car. Avoid touching your face at any time. Keep the maximum distance possible (at least 2 meters) between you and the person sitting next to you and keep your face mask on at all times.

Traveling by Car: In case you must carpool, please limit the number to 4 people (driver included) per ride.



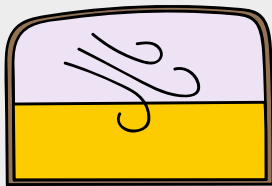
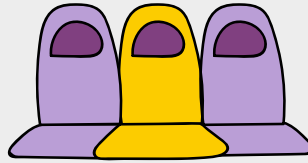
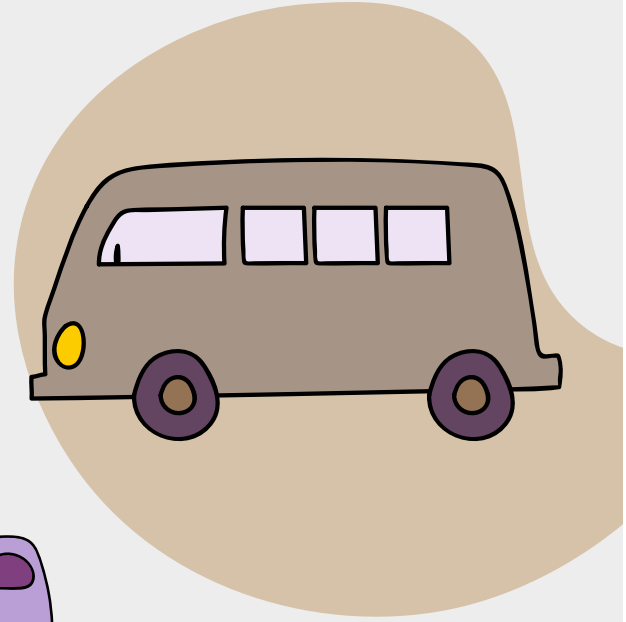
# LMT TIPS FOR HIKING RESPONSIBLY

## GETTING TO YOUR TRAIL

Traveling by Bus: In case you must take a bus, limit the number of riders to %30 of the total capacity of the bus (4-1/ minivan, 15-4/ auto car).

We advise keeping a minimum of 2 meters between every rider (i.e. one free seat in between you and the other rider).

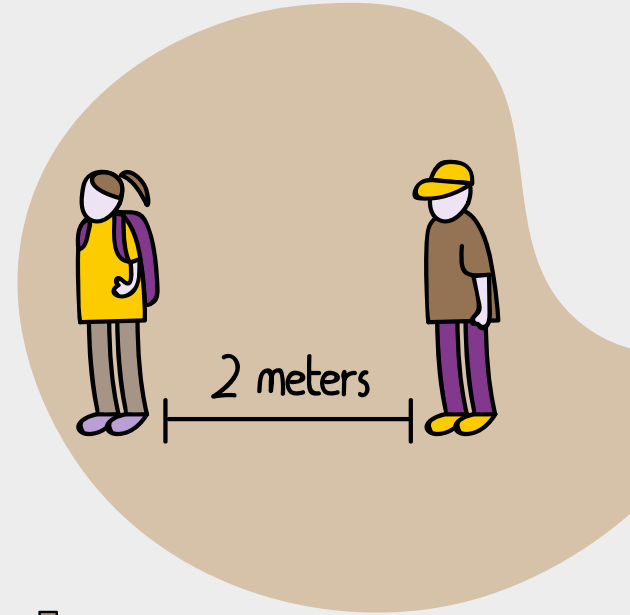
When possible, ride a bus with openable windows to allow natural ventilation and limit the use of A/C.



# LMT TIPS FOR HIKING RESPONSIBLY

## SAFETY FIRST

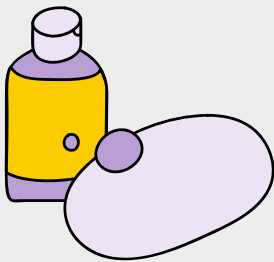
Always practice physical distancing even if you are outdoors, and follow the guidelines of the Ministry of Health and the WHO. We recommend against hugging others and handshaking.



Avoid places where people typically gather such as visitors' centers and entrances of nature reserves.



Keep your hand gel and sanitizer with you. If you have access to freshwater sources on the way, get your soap and personal towel with you. The best option remains to wash your hands thoroughly with soap. Do not share your towels with anyone.



# LMT TIPS FOR HIKING RESPONSIBLY

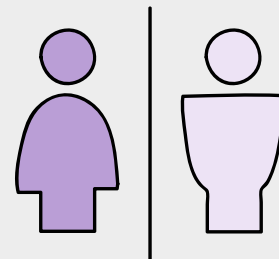
## PACK THE ESSENTIALS

Make sure you pack your water and snacks to avoid having to stop on the way at stores. Always have hand sanitizer in your backpack, and remember not to touch your face once you're out.

Avoid going into a store as much as possible. If you must stop at a store, we recommend assigning one person (i.e. the guide) to take and manage the orders for the group members and enter the store on their behalf to ensure minimal crowding in the store.



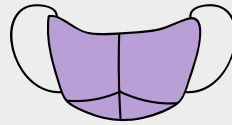
Avoid public restrooms as much as possible. In case you must stop at a public restroom, go in in very small numbers and make sure to wash your hands thoroughly with soap and water and or use your hand sanitizer afterward.





## MIND YOUR DISTANCE

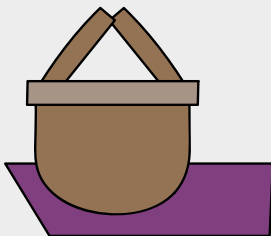
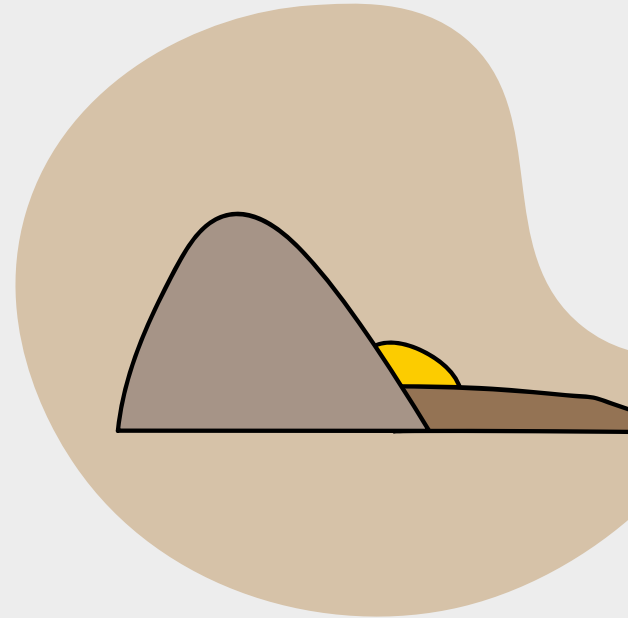
Do not wear masks when hiking, especially when walking uphill as you will breath  $CO_2$ . Practice distancing instead.



We recommend using reusable and washable face masks to reduce garbage production.

In case you are walking in a flat area, keep a minimum distance of 2 meters between you and another hiker. If going uphill or downhill, hikers breathe heavier. Please keep 3 to 4 meters' distance between you and another person.

Keep at least 2 meters' distance in between you and the other people including during rest/ picnic time.



# DISCLAIMER

The orders, directives, and guidelines for safe trail use during the time of the COVID19- pandemic, as implemented by different governments around the world, continue to evolve and change as new information on transmissibility, epidemiology, and effectiveness of public health and risk mitigation measures becomes available.

It is the responsibility of all trail users to ensure they are in alignment and compliant with the most recent public health and local direction in their respective regions.

Have a safe hike!

