

**BIKING**  
**(Cedars to Batroun)**

**Program:**

<b>Dep</b>	<b>Arr</b>	<b>Duration</b>	<b>Details</b>
08:00	10:00	120 min	Depart from Beirut via North to the Cedars
10:00	10:30	30 min	Visit the Cedars' Reserve
10:30	13:00	150 min	Start biking from the Cedars of God to Tannourine (25 Kms)
13:00	14:00	60 min	Lunch in Tannourine el Tahta
13:00	15:30	150 min	Proceed Biking to Batroun (40 Kms)
15:40	16:00	30 min	Lemonade break
16:00	17:00	60 min	Drive back to Beirut

**Duration of excursion: 10 hours**

**Practical information:**

- Bring biking or tennis shoes comfortable for Biking
- Bring hat, sunglasses, sunscreen & small towel
- Camera for unforgettable photo shooting

**Description of the site:**

At an altitude of 1900 meters the famous **Cedars** of Lebanon stand still more haughtily between the land and the sky, despite of turbulences. They have been so often called Arz El Rab (Cedars of God) and considered as a miracle of the nature.

Classified as national treasure, and subject to regular control, some cedars have more than 1000 years of age. Cited in the holy Bible and ancient historical books, the cedar is symbol of Eternity and wisdom. It is also by excellence the symbol of the Lebanese Republic since it figures on its flag and money.

**Tannourine** lies in a splendidly beautiful area near the mountain of the same name. The area is rocky and mountainous with sharp slopes and a deep valley (Ain El Raha). The village also shares its name with a **cedars forest** of some 60,000 trees. The most abundant and sacred trees are the Cedars and this area is distinctive as native land for Cedrus Libani.

**Batroun** is a major tourist destination in [North Lebanon](#). The town boasts tens of historic churches, both [Catholic](#) and [Greek Orthodox](#). The town is also a major beach resort with a vibrant nightlife. Citrus groves surround Batroun, and the town has been famous, from the early twentieth century, for its fresh lemonade, which is sold by most of the cafés and restaurants on its main street.