

## CAVING IN LEBANON

### Program:

| Dep   | Arr   | Duration | Details  |
|-------|-------|----------|--|
| 08:00 | 09:30 | 90 min   | Depart from Beirut to Roueiss cave in Akoura                 |
| 09:30 | 10:30 | 60 min   | Briefing + distribution of gear + entrance to the cave       |
| 10:30 | 13:00 | 150 min  | Visit of the cave of Roueiss                                 |
| 13:00 | 13:15 | 15 min   | Time to change clothes                                       |
| 13:15 | 14:15 | 60 min   | Lunch in restaurant near the cave (Trout fish & soft drinks) |
| 14:15 | 16:00 | 105 min  | Drive back to Beirut   |
|       | 16:00 |          | Arrival to Beirut  |



**Duration of excursion: 8 hours**

### Practical information:

- Temperature inside the cave is 12 degrees Celsius
- Bring warm clothes for caving
- Bring boots or tennis shoes
- Participants will get dirty inside, so bring changing clothes (Including shoes).

### Introduction:

A mountainous and rocky country composed primarily of limestone; Lebanon offers exciting opportunities for caving. Over 400 caves, caverns, and sinkholes are scattered throughout the country, offering something for everyone, from the expert spelunker to the casual tourist.

Most caves are concentrated in the Mount Lebanon region, stretching from north to south in the center of the country. For the more adventurous tourists and experienced spelunkers, there are many other caving options that require guides and equipment. The "Roueiss" Grotto, for example, is a 5km long labyrinthine cave with an underground lake, large halls, and unique crystalline formations.

### Roueiss Grotto:

Located near the village of Akoura, (Caza of Jbeil or "Byblos") the Grotto of Roueiss is the second longest cave in Lebanon (5,066m), after the "Jeita Grotto". The cave boasts some amazing stalactites and stalagmites and other rock formations created by the seeping water. There are many large chambers, as well as narrow and low passageways. The cave is very accessible for beginners because you can walk from the entrance to the exit. However, visitors interested in caving will have an exceptional experience and a new feeling while discovering galleries of



Roueiss cave made by the finest architect; During the tour, there will be explanations on the geological aspect. It will be an unforgettable excursion.  
Beside the cave, there is a natural bridge near to the entrance, and also a restaurant serving trout fish nearby where we are going to have lunch.