

HIKING & SWIMMING

Program:

Dep	Arr	Duration	Details
08:30	10:00	90 min	Depart from Beirut via North to Ftouh Keserwan
10:00	11:30	90 min	Start hiking in "Jannet Chouwen"
	11:30		Arrival to a natural lake for picnic
11:30	14:30	180 min	Time for swimming in the lake & for lunch (lunch box & soft drinks)
14:30	16:00	90 min	Proceed hiking to return to bus
16:00	16:30	30 min	Drive back to a near bakery
16:30	17:00	30 min	Break for coffee & water supply
17:00	18:00	60 min	Drive back to Beirut
	18:00		Arrival to Beirut

Duration of excursion: 9h 30m

Practical information:

- Bring walking or tennis shoes comfortable for hiking
- Bring swimming suite, sandals, hat, sunglasses, sunscreen & towel.

Description of the site:

Discover the splendid wild nature of Jannet Chouwen "Paradise of Chouwen" valley and river, in Ftouh Keserwan, 40 Km away from Beirut on an altitude of 600 m above sea level.

Jannet Chouwen, is one of the most picturesque places in Byblos Caza, especially in Spring and beginning Summertime of the year where the river is still at full and the flora is at its best. The stream that runs down from the mountain flows in "Nahr-Ibrahim" known during the Phoenician time as the river of the god Adonis, (river of immortal love).

In Jannet Chouwen you will experience the pleasure of hiking in the majestic nature, mixed forests with oak, pine and many other plant species, until we reach its marvelous lake known as Jannet Chouwen. There, one may relax by the lake under the shade of the trees and enjoy the sound of the water, and others may benefit from the clean transparent water for a swim. So, make sure to bring your swimsuit with you and sandals.

Hiking trip is about 3 hours (back and forth), during which we will be resting for some photo shooting in the marvelous wild nature. Jannet Chouwen Hiking trip is Moderate during down slopes and advanced during up slopes.