

ISSUE 01 - 2020

THE MOUNTAINS MAGAZINE

LEBANON

«YOU ARE NOT IN THE MOUNTAINS.
THE MOUNTAINS ARE IN YOU».

- John Muir

EVEREST
SPECIAL COVERAGE

THE JOY OF DISCOVERY
LEBANESE TRAILS & RESERVES

MORE THAN
20 ARTICLES

TIPS & TRICKS
HOW TO PREPARE
FOR MOUNTAINEERING

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E We cannot express enough thanks to our fellow “Mountains Lovers” for their continuous support and encouragement, we offer our sincere appreciation for the learning opportunities provided by this society.

G We would like to express our gratitude to our families and friends who supported and encouraged us to give our best and deliver this rich content. To our sponsors “ Life Happens outdoor” who gave us financial, emotional and unconditional support.

A To “Maison Du Ski” for his decent support.

S To “Nayla Noueihed” and “Nour Noueihed” for the design of our magazine and Logo.

S To Fady Sayah and Digi-web ME for the design of our website.

E Our vision is to create one solid society, by bringing all mountains lovers together on one platform with professionalism and integrity.

M Our mission can be summarized in the following 3 goals:

- 1- To cover the Lebanese mountaineers’ latest news and expeditions,
- 2- To inspire and be a guide for the beginners who have never experienced the life on the mountains,
- 3- To encourage our community to be committed to improve the “Mountains Society” in Lebanon by helping each other, because in the end, it is a passion and never a competition.

S The magazine’s pages’ focus on spotting the light on the main events and expeditions done in Lebanon or abroad by Lebanese mountaineers. We also gave the chance to a number of passionate fellows to introduce and educate the community about their field of specialty, because the mountains gave us the opportunity to have many outdoor activities other than mountaineering. Our pages also gave experts the opportunity to inform beginners on how to be well prepared physically and mentally for mountain activities.

T Our pages spot the light on our beautiful country and the numerous hidden gems waiting to be explored.

I You will also find a detailed section about the major spots and reserves in Lebanon, their history and the role they play in keeping our country green.

D We hope that this Magazine will meet your expectations and demands, we promise to keep our efforts focused on growing the content year after year, it’s yours! Enjoy it!

E *Mario Fares, Spyro Klitira, Mira Sabbagh & Roy Nader*

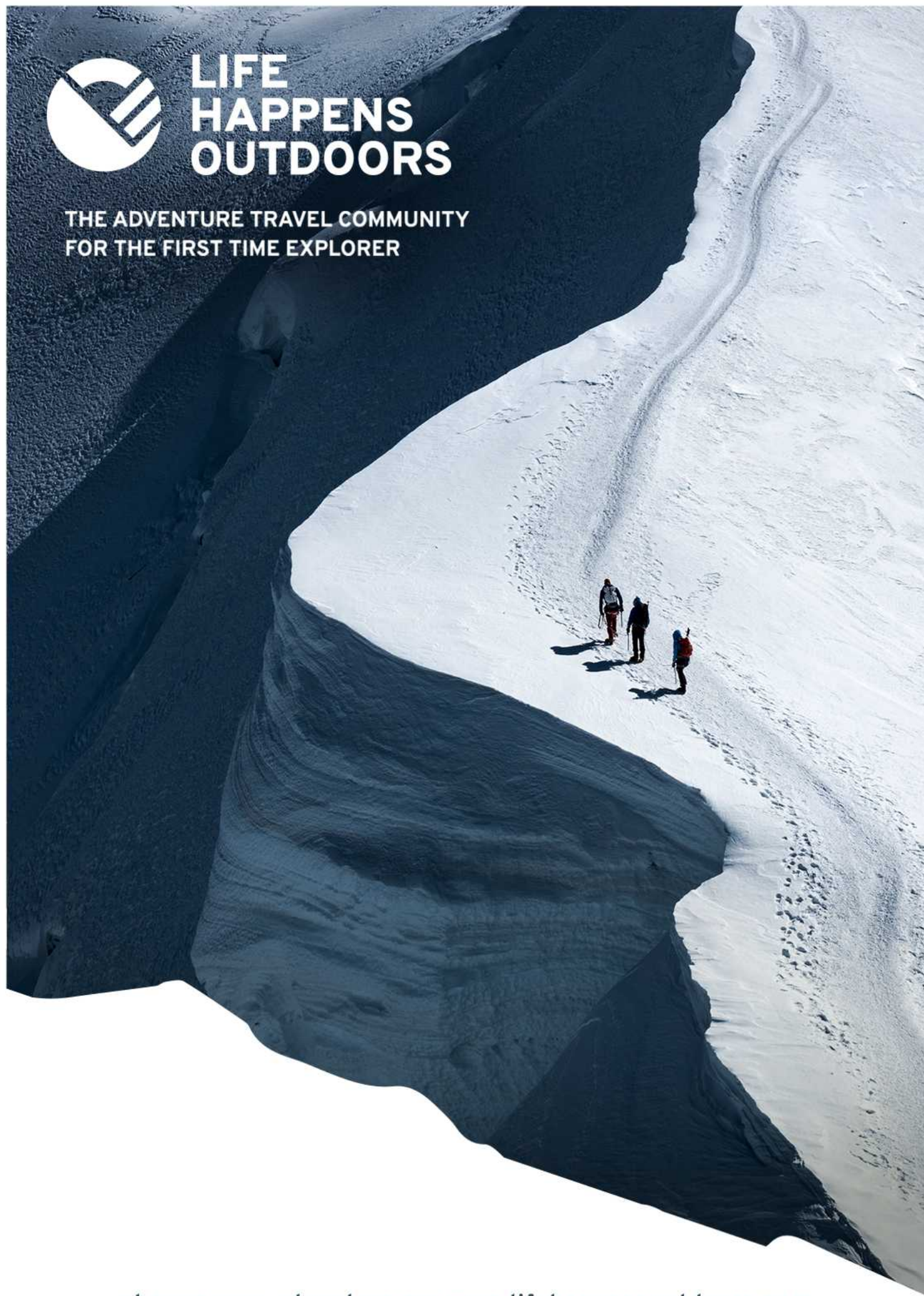
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A MESSAGE from the HEART

I read a post on Instagram not too long ago the premise being that achieving a first “fill in the blank” to summit Everest is the same as a podium place in an Olympic competition.

I say “fill in the blank” because as the number of summiteers have swelled over the years thanks to the commercial expeditions that make it possible for just about anyone with time and money to achieve the summit, title claims have had to become somewhat creative. Now, I’m not in the business of telling anyone what should or should not motivate them. That’s entirely for each mountain dweller to determine for his or herself, but reading that post did spark contemplation on my part about what it really means to go to the edge of human existence and be a part of a community of people who make the summits of the world their passion. Do we really go to the tops of the world just so that we can come back and tell our friends we’re the first vegan, trilingual, biracial, multiethnic to summit Everest? Is being in the hills really about one-upmanship and beating someone else to supposed finish line? To my mind, mountaineering is not a competitive sport. Sure, it’s wonderful to gain a first ascent or achieve something out there that no one’s ever done before, but even in achieving it, that doesn’t fit within any reasonable parameters that can make a person’s ascent comparable to any others even on the same mountain and sometimes even on the same day. Anyone who’s ever climbed the same mountain twice would know just how different a summit push can be from one day to the next. But more importantly,

mountaineering is a culture that brings people together to achieve wonderful things for themselves and for the potential of the collective human experience. When we step onto the top of a mountain we carry the support of tens if not hundreds of people who’ve made it possible for us to be there. I don’t think anyone can ever really put into words how profound and transformative these experiences can be. It’s something that the eye of human reason simply cannot pierce. That’s how far removed the essence of mountain culture is from the nonsense of competition and titles. The moment Sir Ed Hillary came within moments of the summit of Everest, soon to become the first man to carve steps on the roof of the world, he turned to his climbing partner Tenzing Norgay Sherpa, a son of the mountain, and he offered the first footprint on top to him. That’s the moral standard I believe defines us as a community and something that we should be proud to carry forward as people of the mountain. That is the Lebanese mountain community that I hope this magazine will help to inspire. A community that extends a hand to help propel another fellow Lebanese climber forward, rather than one that offers a figurative elbow to the face in the pursuit of competition and meaningless title.

RAMI RASAMNY – LIFE HAPPENS OUTDOORS

MOUNTAIN ETHICS

Accepted by the General Assembly of the
UIAA & previously known as
THE MOUNTAIN CODE.

1. Individual Responsibility:

Mountaineers and climbers practice their sport in situations where there is a risk of accidents and where outside help may not be available. With this in mind, they engage in this activity at their own risk and are responsible for their own safety. The actions of individuals should not endanger those around them nor damage the environment. For example, the fixing of anchors on new or existing routes cannot automatically be taken as acceptable.

2. Team Spirit:

Members of a team should be prepared to make compromises in order to balance the needs and abilities of all the group. The climb will invariably be most successful where the members support and encourage one another.

3. Climbing & Mountaineering Community:

Every person we meet in the mountains or on a rock face deserves an equal measure of respect. Even in remote places and stressful situations, we should always treat others as we want to be treated ourselves.

4. Visiting Foreign Countries:

When we are guests in foreign countries, we should always conduct ourselves politely and with restraint. We should show consideration to the

local people and their culture – they are our hosts. We should respect local climbing ethics and style and never drill holes or place bolts where there is a traditional ethic against it or where no locally established ethics exists. We will respect holy mountains and other sacred places and always look for ways to benefit and assist local economies and people. An understanding of foreign cultures is part of a complete climbing experience.

5. Responsibilities of Mountain Guides and other Leaders

Professional mountain guides: other leaders and members of the groups they lead should each understand their respective roles and respect the freedoms and rights of other groups and individuals. In this declaration we recognize the high standards of practice achieved by the mountain guides' own professional body.

6. Emergencies, Dying and Death:

We must be prepared for emergencies and situations which result in serious accidents and death. All participants in mountain sports should clearly understand the risks and hazards and the need to have appropriate skills, knowledge and equipment. They need to be ready to help others in the event of an emergency or accident and also be ready to face the consequences of

DECLARATION

a tragedy. It is hoped that commercial operators in particular will warn their clients that their objectives may have to be sacrificed to assist others in distress.

7. Access and Conservation:

We believe that freedom of access to mountains and cliffs in a responsible manner is a fundamental right. We should always practice our activities in an environmentally sensitive way and be proactive in preserving nature and the landscape. We should always respect access restrictions and regulations agreed by climbers with nature conservation organizations and authorities.

8. Style:

The quality of the experience and how we solve a problem is more important than whether we succeed. We should always strive to leave no trace on the rock face or the mountainside.

9. First Ascents:

The first ascent of a route or a mountain is a creative act. It should be completed in a manner at least as good as the style and traditions of the region. The way the climb was achieved should be reported exactly.

10. Sponsorship, Advertising and Public Relations:

The cooperation between sponsors and mountaineers or climbers must

be a professional relationship that serves the best interests of mountain sports. It is the responsibility of the mountain sports' community to educate and inform both media and public in a proactive manner.

11. Use of supplementary oxygen in Mountaineering:

The use of supplementary oxygen in high altitude mountaineering has been under debate for several years. In this debate, different components related to the topic can be distinguished, such as medical aspects and ethical considerations. The medical aspects should be of paramount concern to all mountaineers. Ethical considerations are best left to the individual climber, provided that, if a climber does use oxygen, plans are made to remove used bottles from the mountain.

12. High altitude guided commercial expeditions:

It is hoped that commercial operators, especially those without qualifications, attempting 8000m or other comparable peaks which offer limited rescue facilities will recognize the limitations of the clients in their care. All efforts should be made to ensure the safety of such clients and also to warn their clients that plans may have to be curtailed to help others on the mountain in distress.

EVEREST & MANASLU SPECIAL COVERAGE

EVEREST, MANASLU & MORE...

*“The EGO seeks the summit,
the soul seeks the CLIMB”*

Talking about Elite Mountaineers in Lebanon? Avedis Kalpaklian “#MountainGuru” is on top of the list.

70+ mountains under his belt and counting, 6 of the seven summits challenge and recently summited 2 of the 14 x 8000ers on earth. On May 23rd, 2019 at around 5:05am “Avo” stood on the highest point a mountaineer can reach on earth, the Summit of Mt Everest adding it to the top of his list just above Mt Manaslu (8163m); the 8th highest mountain on earth.

May 23rd was a glorious day for the “Lebanese mountaineering society” as 5 Lebanese made it to the summit of Mt Everest and so was September 27th when Avedis made it to the summit of Mt Manaslu along with Khodor Ghadban his DELTA team partner in order to raise awareness against the risks of drugs. Climbing Manaslu was the highlight of the three years mountaineering campaign “hike and climb against drugs” launched by Delta Association.

In this edition, the editors decided to Honor Avedis, highlight his great achievements and spot the light on his journey to the top of the world.



Disaster Management Coordinator (Keserwan) and member of the national intervention team at the Lebanese red-cross, a marathon runner and co-founder of the Lebanese Climbing Association, POLY LIBAN and Team Lebanon, the mountain guru will speak about his Everest & Manaslu climbs:

During the hardest moment on the mountain, what was the one thought that kept you going?

On the last rotation, an hour after leaving base camp I felt big discomfort and decided to go back, I was extremely tired and taking ages to reach the camp again; I thought that life is more important than the summit. Few hours later, I felt better and the chat with our expedition leader made me feel humbler; I lost my EGO and an unusual strength overtook me and was able to use it wisely the next day to make the climb a successful and rewarding one.



The funniest story that happened on Everest?

On the morning of May 23rd, I was the 1st from the south side. Minutes from reaching the summit I saw many white figures or statues; I was not sure what they were and I was extremely tired and lacking oxygen. Yetis? Aliens? Moments later, I made it to the summit and realized they were summiteers from the North side.

EVEREST SUMMIT

What's your next big Dream / challenge?

The time stopped! I have just reached the top of the world, a euphoric moment blended with a sense of achievement for Lebanon, history has been made again, we are now 7 Lebanese climbers to reach the summit of Everest. My 70+ mountains have been crowned with the mother of all climbs, yet while it's the end of a project for most climbers, it's a new beginning for me. The 14 8000ers are my next big dream.

What are the sponsorship issues in this field?

Unfortunately, climbers and mountaineers can't find support here in Lebanon even though on a personal level, every 8000er I climb will be considered a record for Lebanon & Armenia.

NOTABLE ACHIEVEMENTS:

1. Double Aconcagua summits (the highest peak in South America 6962m) in 2017 & as a team leader in 2018 for the back to back expedition on Aconcagua and Ojos del Salado (the highest peak in Chile & the highest active volcano on earth).
2. Climbed 4 of the 7 summits in 4 months in 2018.
3. In June 2018 Avedis climbed Mt Denali - Alaska (the highest peak in North America - 6190m) unguided, unsupported and unassisted with his partner Michael Chamoun.
4. Spaghetti tour: Avedis & his Partner Lindos Daou climbed 15 x 4000m+ peaks in 7 days in the Swiss & Italian Alps.
5. Everest & Manaslu: in 2019, Avedis climbed 2 x 8000ers in 4 months (Everest May 2019 and Manaslu September 2019).

#MOUNTAINGIPSY ON EVEREST

Early Morning, on the 22nd of May 2019, Tima Deryan became the 1st Lebanese woman to summit mount Everest 8848m after spending more than 50 days on the mountain.

Before Everest, Tima climbed 18 mountains around the world and completed until now 6 out of the 7 summits (highest mountain of every continent). Her passion to mountaineering is what drove her to climb all these mountains and she believes that she will never stop climbing.

After successfully summiting Everest, Tima had a stage where she was able to voice up her thoughts and ideas to empower women and address issues with regards to the environment. She connects her mountain achievements to her activism which helps her create a better impact in her community.



EVEREST and 5 DOWN, 1 TO GO "SUMMITS 7"

Ralph Kisso the 29 years-old Lebanese mountaineer made it to the summit of Mt Everest on May 22nd 2019 at 04:35 am making this attempt the 6th out of 7 in his quest to complete the 7 summits challenge with Mt Vinson left to climb (highest peak in Antarctica). His passion for mountaineering started when he first summited Mount Kilimanjaro (58985m) in Tanzania on March 12, 2015, followed by Mt Elbrus (5642m), Europe's highest peak on August 10, 2016 and then headed to Oceania to summit Carstenz Pyramid (4884m) on July 6, 2017.

On January 21, 2018 he summited Aconcagua (6962m) the highest peak in South America and the 2nd highest of the 7 summits challenge and then time came to summit the coldest mountain on earth, Mt Denali - Alaska (6190m) the highest peak in the North American continent. Completing the 7 summits quest is a very challenging and demanding dream for any mountaineer, with Mt Vinson - Antarctica (4892m) left to go, the Mountains Magazine family would like to wish ralph the best of luck.

#keep_climbing mate

#Mountaingypsy



7 SUMMITS ✓

The Seven Summits Challenge has captured the imagination of many, it has given a drive to mountaineers worldwide, to climb the highest peak on each of the seven continents. Usually mountaineers start the challenge on the easier non-technical peaks such as Kilimanjaro, and end it with the ultimate prize Everest, the highest point in the world. Nevertheless, this wasn't the case for Dr. Joyce Azzam who became the first Lebanese woman to complete the Seven Summits Challenge by raising the Lebanese flag on Top of the world on 23 May 2019.

Joyce has discovered her passion back in 2005 when she hiked for the first time in the Lebanese mountains. On May 2007, she stood for the first time on the highest summit of Lebanon Qornet Es Sawda. "After 8 months of training, I reached the highest summit in Lebanon and I felt happy but also achieved. Since then the mountains became my mentors, they taught me to believe in my potential and create my opportunities"; Joyce said. Then in 2008, she moved to Italy to pursue a master's degree &



JOYCE AZZAM - TOP OF THE WORLD

PhD in Conservation of cultural heritage sites, and she was closer to the Alps. The Alps were her first mentors, their sharp edges and deadly crevasses taught her to overcome obstacles with cold blood. While climbing Mont Blanc for the first time in 2009, She wrote in her diary: *'what I fear now is getting into fear, facing fear and not knowing how to deal with it wisely. Panic is deadly, I can't afford panic.'* After having a solid foundation & experience in alpinism, Joyce was ready to start the Seven Summits Challenge in 2012. She started her challenge by climbing Mount Elbrus 5,642m, the highest in Europe on July 2012, then on October 2013 she climbed the highest in Oceania as a continent Mount Kosciuszko 2,228m & Carstensz Pyramid 4,884 m. On March 2014, she climbed Kilimanjaro 5895 m, the highest in Africa. Then On February 2017, she raised the Lebanese flag on the highest summit of South America, Cerro Aconcagua 6,962 m. Then she climbed the big one or Denali 6,194 m which is the highest summit in North America. On December 2018, she reached Vinson 4,892 m, the highest summit in Antarctica, to achieve her dream on May 2019 by climbing Mt Everest 8,848 m.



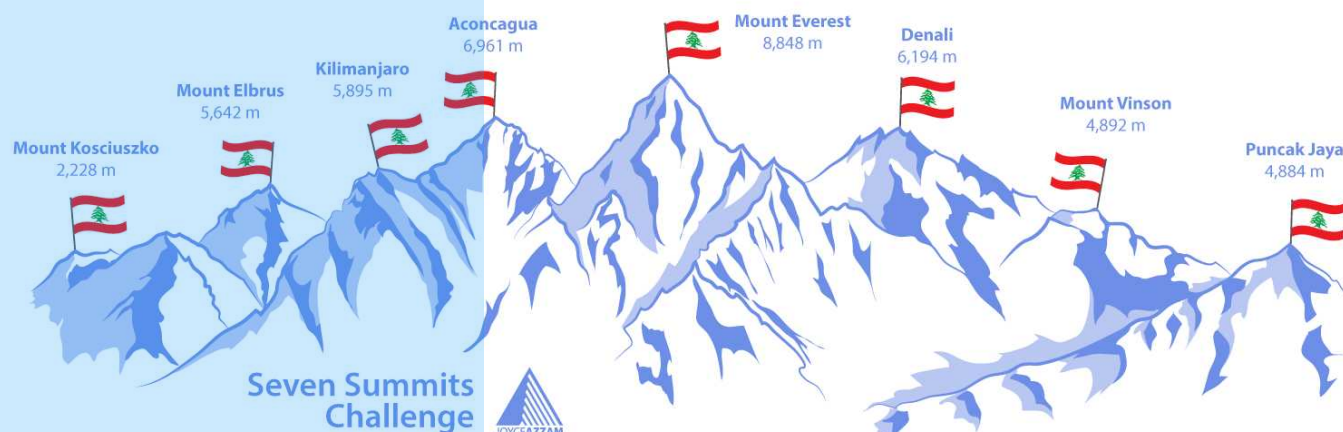
JOYCE AZZAM - LOBUCHE PEAK

Throughout the 7 years, Dr. Azzam has faced many challenges on different levels: "Let's talk about privileges. I had none being born a girl and in Lebanon during the Lebanese civil war. Nobody gave me the permission to dream because of my gender and social class. But I did dream, a bit bigger than everyone had thought. I invested everything I had in my dream, my time & energy and I think that this is the best investment I have ever done!" Joyce continues: "For years, I was confronted with a lot of resistance from my parents and people around me. They thought I was wasting my time. Thus convincing sponsors to believe in my big dream and funding it was the toughest challenge. As a sportswoman, in Lebanon, it is hard to get funding. I am still paying for my training

and equipment. But I believe in change."

Azzam hopes that her achievements can act as a catalyst, leading other young Lebanese people to challenge the norms they face and believe in their potential.

Joyce Azzam



JOYCE AZZAM - MT EVEREST 8000m

SHAKING IT ON EVEREST

Nelly Attar, Lebanese woman, born and raised in Saudi Arabia, is a role model for woman and girls from KSA and beyond, she always spread her message to girls in the middle east to live healthy and fit life style, in May 2019 she made it to the summit of Mt Everest marking a personal and national achievement.



MANASLU... AGAINST DRUGS

September 27, 2019 a team of Lebanese climbers made it to the Summit of Manaslu 8163m, the 8th highest mountain on earth for a reason.

Khodor Ghabban along with Avedis Kalpaklian his "Delta organization Team" partner climbed Manaslu to raise awareness against the risks of drugs.

The team believes that "Hike and climb against drugs" 3-year plan will help them promote healthy concepts and roles for youth and dream of a drug free sports society.



MANASLU SUMMIT



EVEREST is 7925m... Xtreme Climb, Xtreme cause!!

"A mountaineer should always stay humble and cannot fight against the reality of the circumstances"; a piece of advice given by "Ghassan Hajjar" a Lebanese who tried to reach the top of the world, "Mount Everest"

in 2019, accompanied by the flag, pictures and letters of the kids of AFEL, the main cause of his climb.

It all started when the main guide decided to postpone the climb up from camp 4. Ghassan remained in the tent all night and endured a disrupted sleep with the Oxygen mask on. When he woke up, he noticed that the O2 bottle's level remained the same as the last time he checked before going to sleep, and then reality hit: he spent a whole night at 7925m altitude without any O2, and realized that he was in bad shape and couldn't continue to the summit. His return to camp 2 took him 12 hours, and the only thing that kept him going was his focus on not ending up like the corpse he saw lying in the vast white traverse on his way up from camp 3.

Despite everything, Ghassan still thinks that 2019 was a beautiful year; 5 Lebanese made it to the top, and he was successful in raising funds for the AFEL association. And at last, his message to the people is to always seek connection with nature, whether on sea level or on the highest peak, even for just one day.



LEBANESE EXPEDITIONS ABROAD

LAU

#Never_give_up_team A ray of hope!

LAU team Conquered Lenin Peak 7134m in 2019 in order to inspire hope and provide encouragement for children with cancer in Lebanon, from day one the climbers were in contact with the children who followed their journey day by day.

The 23-days tough and intense adventure in harsh conditions was their 3rd humanitarian expedition as they have previously summited Kilimanjaro and Elbrus, the highest peaks in Africa and Europe respectively.

The team believe that Lenin Peak paves the way to Everest in the future but their ultimate goal was to light the torch of hope in the hearts of the children.

#respect



The four climbers: Adel Khneisser, Richard Bshara, Alan Kairouz and Charbel Harb.

MAKE IT HAPPEN AND MAKE IT COUNT

Lenin Peak 7134m

In July 2019, the Lebanese adventurer Samir Akil successfully climbed Lenin peak 7134m. Samir spent 17 days on the mountain in severe weather conditions making the climb a challenging one physically and mentally but focused on the stamina and endurance rather than the speed in order to succeed. Go for the snow leopard project mate.



THE MOUNTAIN YAK

#GOOOOOOD_ MOOORNING_LEBANON"

Now you know this is Georges Saado. Saado - Alpine Skier - & mountaineer had a busy season last year, he climbed Mera Peak (6476) in the Barun sub-section of the Himalaya in April 2019 adding it to his list of Himalayan peaks.

In addition to Mera Peak climb, Georges, one of the elite in the "Ski-mountaineering" field in Lebanon completed a tough 4-day ski-mo journey in Greece in the Koziakas Mountain range by reaching Chatzipetros summit followed by Mt Karavoula summit ending the journey with a 5500m of altitude gain as part of the training for his future projects.

THE STAIRWAY TO HEAVEN "BAALBEK-MOUNT ARARAT"

Baalbek and Mount Ararat are connected with an imaginary line called "stairway to heaven" which also connects the pyramids of Giza in Egypt.

Nidal Solh, an adventurer and photographer from Baalbek followed this line and made it to the summit of Mount Ararat 5137m in August 2019 raising the Lebanese Army flag as a tribute.

SWISSMAN XTREME TRIATHLON: LINDOS DAOU

The swissman is a point to point race starting in the southern part of Switzerland leading over 3 mountain passes to the central part and finishing with a climb in the heart of Switzerland just at the bottom of the massive mountain backdrop of the Eiger Monch and Jungfrau where the challenge becomes absolutely extreme. For the first time, Lebanon took part this year in this international race with the participation of the sports adventurer Dr. Lindos Daou, who represented Lebanon among 250 participants from 40 countries.

Lindos challenged the rigidity of the track, the large differences in altitude (up to 5500 meters), and the bad weather. The challenge started with the swimming race in Ascona lake followed by a 180km cycling race passing through three snow-covered mountain passes at more than 2000 meters of altitude and finishing the challenge with a 42k marathon.

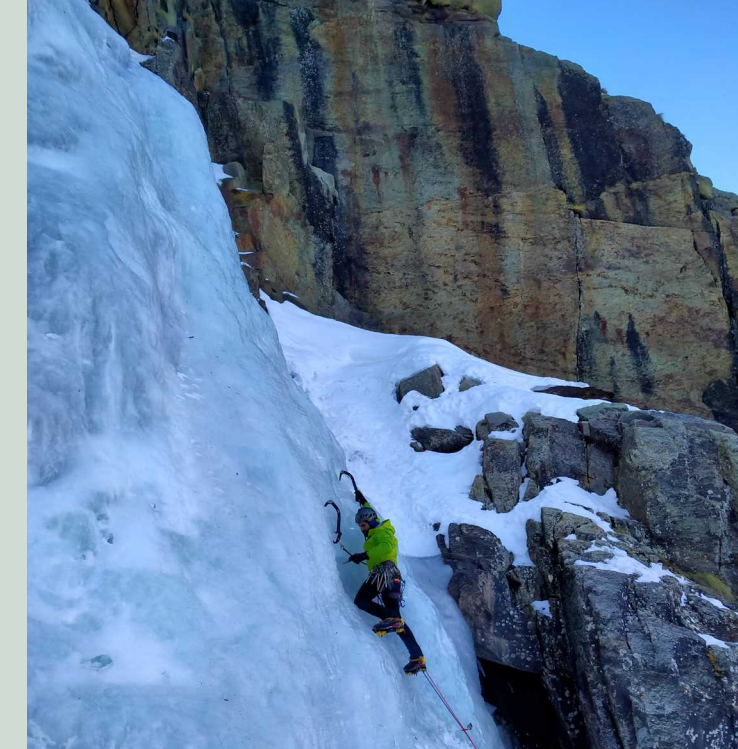
Lindos ended the race ahead of a large number of participants who could not finish the challenge.



ARGENTIERE, CHAMONIX - FRENCH ALPS “On the mountain I was born and reborn over and over again”

For me climbing has been such a dynamic journey. I started off as a mountain enthusiast with Everest in mind (classic!). Through the experiences I accumulated trying to get there, I fell in love with alpine climbing, whereas a rope is used to catch a fall rather than aid a climb Summits became trivial compared to the routes that lead there, and it became all about the journey... Rock, ice, a mix of both, a vertical journey where you are up against yourself, competing only with whom you were yesterday, trying to become whom you aspire to be tomorrow... 5 senses fully immersed into the experience. Full focus... every breath, every heartbeat, every ounce of energy and experience for one single purpose... To climb not above a mountain, but above oneself... above every obstacle standing between who you are and who you want to be... No competition, nothing to prove... Just you against yourself, against your doubt, against your fears... against the voices in your head telling you to quit... telling you you are not strong enough or good enough... On the mountain I was born and reborn over and over again, forming and transforming into the being I dream to be.

Samer Hajjar – Alpine climber



JUNGLE ULTRA AMAZON RAINFOREST, PERU

In 2019, Amine Maalouf and his team (Omni Athletes) got approved to take part in one of the most difficult races in the world “Jungle Ultra” - an Ultra Trail Marathon of 5 days for a total of 230km in the Amazon Rainforest – Peru, in race where the participants can only carry their food & gear and a hammock to sleep every night. The race was beyond difficult physically and mentally as they had to push through extremely difficult terrain inside the dense jungle with total elevation of around 3000m.

Amine managed to finish the race with the only 19 athletes out of 53 with a total of 57 hours.

#Well_done



...TO THE NEXT LEVEL

In 2019 Suha Hallab decided to take her mountain skills to the next level and she is sharing it with us: I've done quite a bit of trekking in beautiful mountains around the world until I reached a point where I needed more than just “walking” in the mountains. I decided to stretch my limits and started, as a first step, with high altitude trekking such as Kilimanjaro and the Everest Base Camp trek. I had the chance to test my strength several times at high altitudes above 5000m, until I learned

how my body behaves in conditions such as extreme cold and low oxygen. I then needed more I decided to get more technical and here I am; just graduated from my first mountaineering course that I attended in the Alps. It was in the Mont Blanc range where my feet stepped on ice and climbed an ice wall for the first time. I learned all about the basics of mountaineering such as multi-pitch rock climbing, rope techniques, ice climbing, combined with walking on glaciers, crossing deep crevasses and of course some basic rescuing techniques. To me, this is still the beginning of the technical path and I am enjoying every single step in that journey, IT IS TIME FOR YOU TO MOVE ON.

MOUNTAINEER'S PREPARATION & SKILLS

Strength and Conditioning – Mountain Athlete

In Mountain sports, strength and conditioning (S&C) drills provide many benefits when used in conjunction with specific mountain activity training plan.

Actually, there are many misconceptions around strength training, such as being considered the main cause for “bulking up”/gaining muscle mass which will eventually leads to slowing you down in mountain sports.

In reality this isn't the case; for years, leading endurance athletes all over the world have integrated strength training programs that include weight lifting into their regimes and have enjoyed huge success as a result. Strength and conditioning helps you maintain postural control, muscle balance, muscular function and muscle integrity during movement. It also increases muscle recruitment and neuromuscular control, and reduces overuse injuries.

Before involving into any S&C program; remember:

- Start from where you are now, not where you ended last year.
- Start back from a level that can be built up steadily, not at a level that wastes you in the first two weeks.
- Building the strength of the internal muscle platforms that our levers push against. Think core.
- Building the strength during the full range of motion.
- Building the balance needed to optimize the strength one has.
- The first month back to training is going to cause the most stiffness, so it's the perfect time to add some focused flexibility work.

Rock climbing: Technical rock and ice climbers require good flexibility in the hips, shoulders, and core muscles in order to negotiate wide stems, twisting overhangs, and high mantels. Technical climbers should develop core, upper and lower body strength for vertical travel with and without a pack. Anaerobic conditioning is also an important component in the technical climber's program, increasing its importance as the climber develops more advanced skills.

Hiking, trekking, backpacking and trail running requires good cardiovascular endurance, whether you intend to do short day or multi-day high-altitude trekking. Doing sport-specific training is an efficient and effective way to train for such adventures. If you do not have access to hills or mountains, use whatever varied terrain is available to you, such as stairwells, short hills, or stadium steps. Use of machines such as inclined treadmills, stair climbers, or elliptical cross trainers can also be beneficial. Train the quadriceps for descents; the hips for supporting pack weight over variable terrain; the shoulders, upper back, and trapezius for pack carrying, gear hoisting, and using trekking poles; and the lower back, oblique muscles, and abdominals for transferring power from the legs into forward propulsion. Mountaineering and alpine climbing: typically involves traveling long distances,

PHYSICAL PREPARATIONS



gaining significant elevation, with the goal of getting to the top of a specific peak. Mountaineers and scramblers will benefit from strong upper-back, core, and leg muscles; solid balance and agility; and flexibility in the calves, knees, torso, and ankles. The exercises suggested below, point you in the proper direction for sport-specific training: Single leg Squat, Deadlifts, Single Leg Deadlift, Step Down, Floor-Assist Pull-ups, Lunge Step-Up, Stiff-Leg Deadlifts, Single leg Calf Raise, Squats, Planks.

Snow sports require the large core and leg muscles to work in coordination with the muscles of the shoulders, upper back, and arms for extended duration in cold conditions. These snow sports include:

- Snowshoeing:** Focus on the hip flexors (psoas), outer hip muscles (abductors) and calves. Additional targeted exercises include the following:
- Targeting the Gluteus Medius:** Straight Leg

Raise to work the hip abductors.

- Angled Walking for Calves and Ankles:** look for steep grassy hills or several flights of stairs and practice doing the same wide steps and traverses you will need to make with snowshoes.

- Single Leg Calf Raises** to build endurance in the calves and ankles.

- Cross-Country Skiing:** For the diagonal (classic) technique, you should develop core stability, complete range of motion in the shoulders and legs, and strength endurance in the gluteal, hamstrings, triceps, and deltoids. The skating technique requires abductor and gluteal endurance in conjunction with flexible adductors and hip flexors.

Exercise examples: Single-Leg Bulgarian Squat for balance, gluteus maximus and quadriceps, forward Barbell Rollout for core integrity and side Lunge with Dumbbells for abductor and adductor strength endurance. **Alpine Skiing:** Enhance lower body and core strength training with plyometric training for several weeks leading up to any serious ski trip.

Advanced Skiing Exercises includes Lateral Hops and Squat Thrusts; preparing for the Ski Season includes wall sit, partial squat, and 1 ¼ squats.

Randonnée Skiing: To handle steep terrain and remote backcountry, build strength endurance in the shoulders, core, and upper back along with strong core and lower body muscles similar to the alpine skier. Add lower-body plyometric exercises following a solid month of base training with traditional strength training.

*By Eddy Saab - certified personal trainer
The fitness clinic - 03418507*

PHYSICAL PREPARATIONS

HOW TO IMPROVE #ENDURANCE TRAINING



Within athletics, endurance is the maximum sustainable work rate an athlete can maintain for the duration of an event before fatigue makes a reduction of the work rate. Usually, the reduction in the work rate is caused by your body's inability to meet the energy demands of the exercise, by a depletion or an accumulation of certain metabolites, or by a reduced motor nerve signal.

What powers the muscular work? ATP! "Adenosine Triphosphates" is the short-term energy storage molecule used by every cell in your body. The energy released when ATP molecule's chemical bonds are broken is what powers muscular contractions. The ATP supply, specifically its rate of production, becomes the limiter of your endurance; endurance athletes need to not only improve the rate of turnover of ATP, but also to ensure that this rate can be sustained for as long as needed for the specific event.

The body relies on two metabolic pathways to create ATP, Aerobic and Anaerobic metabolism:

Aerobic Metabolism:

This process relies on oxygen to function and uses fats to produce ATP. It produces seventeen times more than the anaerobic system can produce but it is more complex and has a slower process.

Anaerobic Metabolism:

This process relies on carbohydrates, sugars are converted to glucose by the liver and directly transferred to the muscles or stored in the liver for later use. This system does not require oxygen to perform. The end product of this metabolism is a molecule called Pyruvate and two ATP molecules. The latter are produced faster and used when the demands on the ATP become higher such as during high-intensity exercises.

Pyruvate can take two roads after its production; it can be reused and produce thirty-six more ATP molecules or it can be converted into lactic acid, which plays the main role in determining the athlete's performance. When lactic acid molecules are formed, they dissociate into lactate molecules and hydrogen ions. The accumulation of these metabolites causes muscular fatigue and decreases the pace.

The aerobic metabolism of fats produces no lactate, which makes it more desirable to fuel endurance sports. At lower intensities, Pyruvate production is minimal to the point that most of it can go to the aerobic pathway and produce more ATP molecules. During this process, the athlete is operating below his aerobic capacity. When the intensity increases, the body switches to the

anaerobic pathway and lactate and Hydrogen ions will start to accumulate.

Defining the Heart Rate Zones:

After understanding the two-metabolism systems, defining the heart rate zones, will play a main role in planning the intensities of our workout.

1- Zone 1: The heart rate in this zone should be between aerobic threshold (Aet) -20% and Aet -10%. The effort should be very easy for beginners and easy for moderate athletes. The zone targets the aerobic conditioning and is totally fuelled by fats. The muscles recruited in this zone are the slow-twitch muscles and the duration of this zone can be between 30 minutes to several hours.

2- Zone 2: The heart rate in this zone should be between Aet -10% and Aet. The effort should be moderate for the athletes and easy for those with low aerobic capacity. This zone increases the aerobic capacity and the economy of movement. It is also fuelled by fats and has the maximum fat utilization. In addition, the muscles recruited in this zone are mostly slow-twitch, and the duration of this zone can be between 30 to 90 minutes.

3- Zone 3: The heart rate should be between Aet and Lactate Threshold. The effort should be medium and not exhausting. In this zone we are targeting the aerobic capacity along with the anaerobic capacity. The body starts to fuel on the anaerobic metabolism. All the slow-twitched muscles are recruited in this zone, along with some fast-twitched muscles. The duration of the training should be an interval of 10 to 20 minutes continuous to 60 minutes.

4- Zone 4 and 5: The heart rate (HR) should be between Lactate Threshold and max HR. The effort should be hard. In this zone we reach the maximal aerobic power, strength, speed and endurance. The body fuels on both the aerobic and the anaerobic system. All the muscles are recruited and the training period should be intervals of 30 seconds during an 8 minutes' duration.

After defining the heart rate zones, assessing your aerobic and anaerobic threshold is important for every athlete because based on these numbers you can plan the intensity of your workouts.

Aerobic Threshold or Aet (Top of Zone 2):

1- MAF (Maximum Aerobic Function) Formula

To find the maximum aerobic heart rate:

1. Subtract your age from 180 (180 – age)
2. Modify this number by selecting a category below, that best matches your health profile:
 - a. If you have, or are recovering from, a major illness (heart disease, high blood pressure, any operation or hospital stay, etc.) or you are taking medication, subtract an additional 10.
 - b. If you have not exercised before or have been training inconsistently or injured, have not recently progressed in training or competition, or if you get more than two colds or bouts of flu per year, or have allergies, subtract an additional 5

c. If you've been exercising regularly (at least four times weekly) for up to two years without any of the problems listed in a or b, keep the number (180 – age) the same.

d. If you have been competing for more than two years without any of the problems listed above, and have improved in competition without injury, add 5.

2- Nose Breathing:

Start by using an inclined hill in the range of 5 to 10 degrees. Start by warming up for 15 minutes and make sure it is low intensity. After this warm up, directly begin increasing your heart rate 5bpm every 3 minutes while breathing through the nose only. When nose breathing becomes too difficult, back off to a sustainable nose breathing level and keep this pace for 15 minutes. The average heart rate during the last 15 minutes is your Aet.

Anaerobic Threshold (AnT) or Lactate Threshold test (top of Zone 3):

This test should be performed three days after any hard effort, it requires maximal output. It should be performed on a steep hill or 15 degrees on a treadmill and should take between 30 to 60 minutes.

Start with a 15 minutes' warm-up below your Aet, continue as hard as you can sustain for a full 30 minutes if you are a beginner, and 60 minutes if you are more used to it. Note your average heart rate for this duration, and this will be your AnT.

How to train your endurance?

After we explained all these concepts, we can conclude that we should reduce the production of Pyruvate and lactate and we should increase the rate of their removal. To reach this point, we have to work on our Aerobic base, to increase our Aerobic capacity, be fat adapted and to train our body to keep moving on the aerobic metabolism.

To start with building your base, between 80 to 90% of your training should be in zone 1 and zone 2, once you have your Threshold numbers, subtract your Aet from your AnT (AnT - Aet); if the result is 10% or less, you are more fit, you should decrease your training in zone 2 and switch more to zone 1 or you will risk overtraining and injuries in the muscles, because as your aerobic base improves, your pace moves upward and you will need to adjust the volume of the zone 2. If the result is more than 10%, then do all your training in zone 2.

Try to keep in mind the more you train in zone 1 and zone 2, the more your aerobic capacity will increase, the more your body will use the aerobic metabolism with higher pace, the less lactate will accumulate, the more you will have endurance for longer events.

Inspired by the Philosophy of The Uphill Athletes.

Source: Training for the Uphill Athlete: A Manual for Mountain Runners and Ski Mountaineers

MARIO FARES – CERTIFIED PERSONAL TRAINER - 70 681584

PHYSICAL PREPARATIONS

IMPROVE YOUR PERFORMANCE THROUGH BETTER RECOVERY



HAIG MELIKIAN

The most underestimated component of a training plan is the recovery phase. Fatigue is your body's feedback to you about your training. Usually the body's reaction to stress is to become weaker, which is why you should start thinking about a sufficient recovery period. What should you do during this period? Is it only about resting? Is it a reduction of volume and intensity?

Recovery time:

When you feel tired after a heavy workout, intramuscular glycogen restoration usually takes between eight to seventy-two hours, so your next heavy workout should be delayed for about two days.

Endurance training has a big effect on the energy stored in the muscles; well-trained athletes have three times more intramuscular glycogen stored than untrained people. So, the better trained the person is, the harder and longer he can last.

A short endurance workout should require between eight to twenty-four hours for a full recovery, while a long endurance workout should require between twenty-four to forty-eight hours for a full recovery. High intensity workouts require the longest recovery periods, usually from two to three days before taking the same load again.

Eating within twenty minutes of finishing your workout will reduce the time needed for recovery.

How to enhance recovery:

Athletes who are crossing their limits with their training should consider focusing more on recovery in their training plan. These steps can speed up the time of the recovery process.

1- Diet:

Athletes should always link their diet plans to the recovery process. The harder the exercise, the faster the depletion of their glycogen stores. Consider taking some calories as soon as you finish your workout in order to start repairing the damage and restoring the glycogen. Start by consuming 200 calories within twenty minutes of finishing your workout, with a ratio of 3:1 carbohydrates to proteins. This can sometimes decrease your recovery by days.

2- Sleep:

Everyone knows the effect of a goodnight sleep, but it's the quality that makes the difference. Most of the rebuilding and the damage repairing is accomplished during the rapid eye movement phase (REM). This phase occurs in intervals of 90 to 120 minutes and it involves a state of very deep relaxation. Anything that disrupts this phase is going to affect the recovery period.

3- Massage:

Endurance activities involve a big number of repetitions for the same movements, resulting in acute inflammation of the involved muscles, giving the feeling of stiffness and soreness. Expert massage will increase the blood flow in tired muscles, speeding the replenishment of nutrients and accelerating the recovery.

Sometimes, self-massage could be effective; athletes can use balls and foam rollers that are easy to use and can give more direct pressure on the sore areas of the body. The athlete can feel the pain and can control the pressure and the positioning accordingly.

4- Reducing life stressors:

Your body responds to stress in the same way regardless if it's coming from a workout, or from life's difficulties. Athletes can use relaxation techniques such as meditation. The more they decrease daily stress, the more they can handle the stress of the workouts.

5- Recovery workouts:

Very low intensity workouts have a powerful restorative effect, but the intensity should feel very easy. Usually, these workouts fall in zone 1 for athletes and zone 2 for the less trained persons.

Athletes who want to keep their sessions close could use this method; they should alternate the type of the exercises, for example, swimming can release the stress from the legs, or even a walk could be useful to speed up the recovery. Always keep in mind that light exercises are always better than staying on the couch all day long.

**MARIO FARES – CERTIFIED PERSONAL TRAINER -
70 681584**

MENTAL PREPARATIONS

MENTAL SKILLS: AVOID MENTAL BURNOUT



Attitude, overthinking, and negative thoughts, can sometimes wear you out more than physical exertion, and may lead to an eventual mental burnout. Mental burnout is seen as one of the major causes for mountaineers to abandon their goals. In recent studies on mental toughness, low levels were associated with reaching mental burnout too soon and abandoning goals too quickly.

In order to avoid mental burnout, we got you backed up with some mental strategies that will aid you on your next mountain adventure.

The little things

Large gloves and small tasks, tiny cramped tents, weird food, stinky boots, etc. All those little things make up the life during an expedition. When not familiar and even comfortable with all that, then you might be increasing the chance to accumulate daily discomfort. Prior to an expedition, something as simple as eating with those large mittens, or even practicing packing and unpacking every morning, will aid you in developing a habit and turning the uncomfortable into comfortable.

Break it down to daily tasks

Some expeditions can be long in duration where the summit might be weeks away. Instead of viewing your objective as a single push, break the journey down into smaller or even daily tasks. For example, you can try to solely focus on reaching camp 1, and then camp 2, etc, while trying to somehow block the thoughts about what's beyond that. Focusing on the present and staying engaged will ease your mind from overthinking the weeks ahead.

A daily dose of motivation

Why do you like to climb? Why are you here? What drives your passion? Write down some reflections on a small piece of paper and have it stored in



your chest pocket. You might need it when things become a little bit difficult.

Statement of risk

Climbing is a risky sport that can result in injury or death. It's your responsibility to be conscious and take the right decisions. Some studies have shown that there is an optimal level of mental toughness and beyond that optimal level, it just becomes recklessness.

For detailed information about our training theory and methodology, Please do not hesitate to contact me.
Karim Ramadan
info@myperformancepsychologist.com
Greece +30 6946908864
MSc Sport & Exercise Psychology
University of Thessaly - Lab of Sports & Exercise Psychology



NUTRITION ARTICLE

A BETTER DIET FOR A BETTER CLIMB

Every year, hundreds of people attempt to climb Mount Everest. Mountain Climbing has a high requirement for energy. And in common with any sportive activity, health and performance will both be enhanced by proper nutrition and fluid intake. However, this is often easier said than done when at altitude, and in a remote and challenging environmental setting.

MEETING ENERGY AND NUTRIENT NEEDS

Energy expenditures of human climbing Mount Everest average 2.5 to 3 times higher than at sea level. It is easy to understand why weight loss from reduced energy intake is common outcome of exercise in cold or high-altitude environments. Athletes performing in these environments should make a conscious effort to eat at frequent intervals. They should focus on carbohydrate foods because these foods take less oxygen to metabolize than do fat or protein foods, help replace glycogen stores, and have a protein-sparing effect. In addition, inadequate carbohydrate consumption will eventually result in low blood sugar, which leads to mental confusion and disorientation.

VITAMINS AND MINERALS

The intake of vitamins and minerals should be considered before exposure to either cold or high altitude. Iron status in particular should be excellent before attempting a high altitude trek because oxygen-carrying capacity is stretched to its limit in the environment. Taking iron supplements while on the climb is not likely to be of much benefit because it takes months to improve a poor iron status. Oxidative stress may be higher in hot and cold environments, so consumption of foods that contain antioxidants or periodic consumption of a multivitamin supplement should be considered. Consuming a variety of antioxidants, such as ASCORBIC ACIDS (found in: guava, sweet red pepper, tomato juice, orange juice, hot green chili pepper, orange, kiwi, broccoli...), BETA-CAROTENE (found in: apricots, asparagus, broccoli, carrots, Chinese cabbage, grapefruit, kale...), SELENIUM (found in: brazil nuts, fish, tuna, brown rice, egg, bread, ham, beef, turkey, chicken, cottage cheese, sunflower seeds...), and VITAMIN E (found in: sunflower seeds, dry roasted almonds, peanut butter, boiled spinach and broccoli, leafy greens, vegetables oil, fortified breakfast cereals...) is therefore likely a better strategy than focusing on a single antioxidant.



MACRONUTRIENTS

It is important that the diet be palatable, satisfying, and easy to prepare and eat to minimize any potential weight loss. Having a variety of energy-dense foods and easily prepared carbohydrates for self-selection at meals or that can be put in pockets for easy access while climbing (especially carbohydrates) can be a useful strategy.

Maintain a varied food intake.

It's useful to take a variety of spices for self-selection to increase palatability when taste perception is reduced at altitude.

CARBOHYDRATE 50-65% of total energy intake

The amount required depends upon the athlete's total daily energy expenditure, type of sport, sex, and environmental conditions

Carbohydrate source: Rice, pasta, noodles, cereals, potato, crackers, bread, tinned & dried fruits

FAT 20-35% of total energy intake (provides essential fat soluble vitamins; high energy food; an essential elements of cell membrane).

Cooking oil, ghee, tinned foods in oil, peanut butter, nuts, avocado.

PROTEIN 15% of total energy intake (Protein is needed to build and repair muscle, tissues).

Fatty fish and sea food (Salmon, swordfish, cold, herring, tuna, sardines) Poultry and eggs, red meat, dairy like cottage cheese, soy based, beans and lentils, nuts and seeds (sunflower seeds, chia seeds).

The diet should be based on whole foods rich in plants, lean proteins, nuts & seeds, and healthy fat sources. Also, they should focus on anti-inflammatory foods.

How often should a climber eat during a normal day?

To optimize metabolism and both physiological and psychological performance (including mood, focus, and efficiency), I recommend eating every three to four hours. Serious athletes sometimes need to eat at least every two hours because of their high metabolism and energy needs. Spreading food intake throughout the day helps ensure that your brain and body will have enough energy to function properly during the day. Eating at regular intervals helps prevent overeating at the end of the day caused by extreme hunger. Eating frequently can actually help regulate body weight better than skipping meals and snacks.

How to keep properly hydrated at altitude and avoid problems concerning dehydration and diarrhea?

We lose electrolytes through sweat. So during prolonged periods of climbing it is prudent that you replenish your mineral and electrolyte stores in order to keep in peak nutritional and performance shape. Maintaining properly balanced electrolyte levels through targeted hydration will ward off cramps, reduce fatigue, boost energy, and aid neurological function. Climbers should carry drinking fluids close to the body to keep them from freezing and should even consider keeping fluids with them inside their sleeping bags while sleeping. A unique strategy for keeping fluids from freezing is to add glycerol which may improve fluid retention, add calories to fluids and reduces the freezing point. Glycerol however, also carries risks as a plasma enlarger, so it should only be used with care.

- Do not restrict fluids before, during or after climbing.
- Do not rely on thirst as an indicator of fluid losses.
- Drink early and at regular intervals throughout the activity
- Discourage caffeinated beverages because of their diuretic effect.
- Having small sips of fluids on regular intervals also eliminate the need to consume a large volume of fluid at one time, which may stimulate the need to urinate.
- Take sports drink containing both electrolytes and carbohydrates when the activity is more than 1 hour.

THE NIGHT BEFORE THE CLIMB:

The night before the climb, eat a nutrient-rich, carb-heavy dinner consisting of whole grains, beans, and fruits to store glycogen - your fuel source for climbing. For example, whole

wheat pasta with red sauce and veggies or chicken and avocado provide an ideal blend of protein, carbs, and healthy fats OR chicken with sweet potato. Make sure at least 60 percent of your meal is derived from carbs.

IN THE MORNING:

Eat easy-to-digest carbs, like oatmeal, fruit, pancakes, or yogurt with granola, smoothie, bagel with jam or with low fat cream cheese, scrambled egg with white toast. How close to your activity you eat depends on you? Some people can eat a large meal five minutes before climbing, while others can barely tolerate a small yogurt two hours before the climb. This is very individual.

ON THE CLIMB:

On the climb, plan to eat during every hour of activity, especially carb-rich foods, which get absorbed directly into the bloodstream to help keep muscles moving. Aim for at least 200 calories and about a quarter of a bottle of fluid. A few quick tips to go by:

- Pack easy-to-eat snacks so they're accessible. By easy-to-eat (fast-open packaging, tastes you enjoy, and food that you can munch on even while you're moving).
- Pack what you know you like; this isn't the best time to try anything new.
- Don't skimp on the calories. You'll be burning a ton, so pack enough to replenish those calories burned, plus more. A few durable snacks to power your climb.
- String cheese, Chocolate bars, Dried fruit, Honey and banana, Crackers, Energy and granola bars, Nuts, like cashews and almonds, Banana, Bagel with jam, Low fiber cereal, Chocolate bars, Energy Gels.

What to eat after the climb:

- The most important requirements for recovery are carbohydrates, fluids, and electrolytes. A small amount of protein is also helpful for post-exercise recovery, but the bulk of your post-exercise meal should be made up of carbohydrates. Remember to eat something within one hour after exercise to get a jump on replenishing your glycogen stores. ex: Whole wheat pasta with red sauce and minced meat.
- Alcohol consumption in high-altitude environments causes difficulty and is unhealthy, particularly if combined with caffeine. Beverages providing both caffeine and alcohol should be avoided.

Cynthia Habre
Registered Dietitian

Mob: +961 70 399 855

Mob: +961 70 588 233

1. Fanar, St. Joseph Street, Moukheiber Bldg, 3rd Floor

2. Ashrafieh, Facing Hotel Dieu, Procure Clinics

www.nflclinic.com

Facebook/Instagram: @nflclinic

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MOUNTAIN GUIDE

MOUNTAIN GUIDING; A PROFESSION BEYOND THE DREAM



A big number of people dream of having their office in the mountains. Spending 365 days travelling and discovering the natural capital. How amazing it would be to have a job leading people to discover the wonders of Mother Nature and to experience different types of activities and disciplines. How many times have you heard "I need to go back to our roots" Yet, reality does not look as shiny and easy as it is when having to handle people new to nature. In addition, Nature has its moments, some days are beautiful and warm and some others are stormy and covered by blizzards. Clients are pretty much the same... We encounter easy going people that blend easily with nature and are natural explorers, and high maintenance ones that are energy draining, distorting the real connection meant to be with nature.

How to become a mountain guide?

A guide is a person, driven by his passion towards

nature, and most importantly, he is a multi-disciplinary person ready to accommodate an array of experiences in various weather conditions, terrains, and types of clients. The role of a mountain guide starts during the preparation phase of the tour which includes the destination, the choice of the area, the needed equipment, and the weather forecast... the guide does not only deliver safety to his clients, but also ensures that the clients are well informed and equipped to the planned program. Many schools around the globe have been created in the past decades to train mountain lovers and athletes to become guides. Candidates have to show that they have enough experience in mountain activities from skiing, to mountain climbing, to anchoring and abseiling, and navigation through physical tests that they should pass in order to be admitted as students in the mountain guiding school.

In the case of Lebanon, we do not have yet an official

institution to train mountain guides. Most of the experiences are based on personal initiatives and training acquired abroad. 33 North has launched a training initiative known under 33 North mountain skills school to train mountain leaders and in order to lead responsible outdoor pursuits. In Europe, there is a differentiation between a mountain guide and a mountain leader known as accompagnateur de moyenne montagne in France. A mountain leader works on leading hiking, trekking and snowshoeing trips, with focus on interpretation of the milieu as fauna, flora, geography, history, and cultural aspects; whereas a mountain guide is more focused on the physical side of the activity and leads trips on mixed terrains such as rock, ice and snow.

Mountain safety tips

Avalanche

An avalanche is a mass of snow that slides rapidly down an inclined slope. Avalanches are triggered by either natural forces (e.g. precipitation, wind drifting snow, rapid temperature changes) or human activity. Avalanches can be deadly if you don't act rapidly within the first minutes. Members of the group are considered the first responders and they should know how to act in order to save their lives and others.

It is always recommended to check the quantity of recent snow fall in the planned destination, the orientation and angle of the tackled slopes, and the weather forecast. There are several tests to check the snow layers stability in order to know if the snow cover is stable, and mountain practitioners specialized in taking routes off the beaten tracks should be equipped to perform these tests.

Things to do when caught in an avalanche

- Try to run from it
- Do swimming movement
- Keep one hand lifted above your head
- Get rid of your backpack and heavy equipment
- Try to hold yourself to big objects
- Keep an air pocket around your mouth and face. It is important in winter times to be equipped while travelling through the mountains. Keep an avalanche beacon, a searching tube, and a shovel. Learn how to use these equipment as you might be the first responder and be a life savior.

Hiking in bad visibility

- Use a compass to identify landmarks on your desired destination. It is called having a "baring", it's the angle that you will follow to your next destination;
- You may ask someone to be in the front, making sure they walk slowly and listen to your detailed directions. If it is windy and you cannot hear, use your arms to signal



positioning, but make sure you discuss it beforehand. Walk on to where your buddy stopped and repeat the whole process until it's either clear enough to make out features to follow or you make it back to safety

- In severe thick fog you may be obliged to stop moving and thinking of protecting yourself from the outside elements such as wind or possible snow fall. You might have to consider building a shelter;
- It is important to be equipped with a GPS device for such days. You will have to use it from the start registering your trail and you might be obliged to track back;

Hiking in the rain

Hiking under the rain can be such a beautiful experience if equipped properly, otherwise it can end up badly if the weather is harsh and severe. Here is a list of things to bring and do in order for you to enjoy your adventure:

- Clothing: waterproof trouser and jacket. Equip yourself with a waterproof, preferably Gore-Tex trouser and jacket. Avoid ponchos that you can step on and fall over.
- Place all your items in waterproof or plastic bags before loading them in your backpack;
- Make sure you are wearing waterproof / Gore-Tex shoes and they are covered by gaiters.
- Assist yourself with a pair of hiking poles for slippery terrain.

33 North offers you an exceptional escape where fun and adventure await you.

Facebook: 33 North
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WHAT TO WEAR FOR MOUNTAINEERING



MILLET TECHNOSTRETCH



MILLET BEANIE



MILLET MITTEN



MILLET REKKER WINTER PANT



MILLET TRILOGY 35

MILLET "MOUNTAIN BY EXPERIENCE"

During your outdoor activity on the mountains you can experience a wide range of terrain and weather conditions. Where you might start out in hot weather, and face a sudden storm during the day. To stay comfortable during the day, you need layers. With layers, you can adjust your comfort level by putting on and removing items as conditions change. This article will help you understand the basics of layering. As you read on and make decisions about what to wear, here are some things to keep in mind, backed with suggestions from one of the best brands in mountaineering equipment: "MILLET"

1- Base Layers for Mountaineering:

- Base Layer: This should be the first layer, your next-to-skin clothing items are important because they help keep your skin dry by wicking moisture, so you stay warm and comfortable. Fabrics such as polyester or merino wool are both good choices.

- MILLET's CARLINE™ WOOL BLEND™ 150 is a transfer layer built for mountain sports allowing a versatile use, all year-long.

- MILLET's CARLINE® WOOL BLEND™ 200 is the ideal base layer to use in winter and bitter cold conditions.

- Liner gloves: Lightweight liner gloves are nice when it's not too cold but you still want a little warmth and some protection against the snow
- MILLET's WARM STRETCH GL BLACK Warm polar insulation gloves for winter outdoor, multi-use, insulated, flexible and offering great freedom of movement.

- Socks: Quality socks are very important for keeping your feet warm, dry and comfortable on a long climb. Choose either wool or synthetic, never cotton.

2- Mid Layers for Mountaineering:

- Fleece jacket: A lightweight fleece jacket is a

nice piece to pull on over your thermal when you stop for a break during your hike.

- MILLET's TECNOSTRETCH™ dynamic fleece technology, Lightweight and compressible, it creates very pleasant warmth while maintaining a constant body temperature.

- Soft-shell jacket: The benefits of a soft-shell jacket include better wind and water resistance compared with a fleece.

- MILLET's W3 EXPERT WDS J for pro-active people working in the high mountains, this action jacket is an ergonomic and fluid solution, 100% windproof.

- MILLET's K SHIELD VEST Sleeveless technical vest. Water-repellent windproof membrane and abrasion-resistant fabric in an ergonomic and sporty cut.

- Soft-shell climbing pants: Soft-shell climbing pants are more durable than hiking pants and they do a better job of blocking wind and rain.

- MILLET's TREKKER WINTER PANT a very strong DRYNOMIC® material leaves you free to move when you lengthen the stride, while resisting to rubbing of rock or brush.

- Insulated jacket: The need of isolation depends on several factors, including the climate and how packable you need to the piece to be. Down provides the most warmth for the least bulk and weight, but it won't insulate well when it's wet.

- MILLET's KAMET DOWN JKT The K Dry™ feather, the warmest jacket in the Mountaineering range, is ideal in cold weather for a variety of uses, all the more so because ease is there with its comfortable "regular" cut.

- Mid-weight gloves: A pair of mid-weight gloves should provide ample warmth for cold weather while still providing enough dexterity to handle ropes, hold an ice axe and operate zippers.

- MILLET's ICE FALL GTX GLOVE an ergonomic and waterproof-breathable rampart that allows great mobility in extreme practice.

- Winter hat: Bring a low-profile winter hat that will fit underneath your climbing helmet.

- MILLET's TRILOGY WOOL BEANIE simplicity and efficiency, it takes up little space in the pocket for guaranteed heat supply in the event of a startling cold.

3- Outer Layers for Mountaineering:

- Waterproof jacket: Look for a straightforward waterproof/breathable shell jacket that keeps you reliably dry.

- MILLET's K PRO GTX JKT technical protection jacket for mountaineering in Gore-Tex® Pro. Breathability, flexibility and high abrasion resistance. Durable weather protection for alpine performance.

- Waterproof pants: Lightweight waterproof shell

pants should have full-length side zippers that will allow you to get the pants on with your boots and crampons on.

- MILLET's K PRO GTX PANT full openings, harness compatibility. Braving the difficult conditions all year round, these mountaineering pants are a great protection against bad weather on the high peaks.

- Insulated mittens: A warm pair of insulated mittens are ideal for when you're high on the mountain in really cold weather.

- MILLET's MXP TRILOGY DOWN MITTEN for high-altitude expeditions in extreme cold.

4- Shoes for mountaineering:

- Normal hiking boots: They are used for normal hiking day, could be waterproof or not, depends on the membrane, and usually they are totally elastic and flexible.

- All-round four season boots: These are designed for long days and a small amount of winter hill walking, they will have a stiffened midsole and often feature reinforced uppers.

- Boots for long days in snowy conditions: The midsole and the upper will be stiffened on these boots whilst maintaining a small amount of flex. This allows comfortable walking even if not using crampons. As a general rule, the reinforced upper will add more warmth to the boot than you may find in all-round season boots.

- Technical mountaineering boots: With a fully rigid construction, they are designed with technical mountaineering and mixed/ice climbing in mind. There are a wide range of designs from lightweight, technical, climbing boots to double layer, plastic, high-altitude versions and can be paired with the full range of crampons.

5- Bags for mountaineering:

Even if your trips aren't quite up to major expedition standard, you can be assured "MILLET" pack range has a design that's right for you. From day packs, hiking packs and travel packs, to duffle bags, luggage, hydration packs and storage, "MILLET" put quality, functionality and comfort into each of their designs.

- MILLET's TRILOGY 35 With an Alpine profile whose narrow volume is suitable for traveling in the mountains, it is suitable for a long day of mountaineering or several days of excursion.

Prepared by Mario Fares.

Learn about Mountain Sports in Lebanon تعرف على الرياضات الجبلية في لبنان

Mountain Climbing تسلق الجبال

Rock Climbing تسلق الصخور

Hiking المشي الجبلي

Are you spending your summer in the mountains? Hiking, mountain biking, climbing...
Find all the advices "so that the mountain remains a pleasure!"

Prepare your outing

Before going out on the mountain, always observe the following tips in order to practice your activity safely.

- Choose an activity and a course adapted to your experience and to the level of the lowest in the group.
- Take advice from professionals (monitors, mountain guides, climbing guides, rental companies, etc.), tourist offices and outdoor sports federations that offer supervised activities in their clubs.
- Learn to recognize the markup that you encounter on practice sites
- Check that you are insured for civil and individual accident liability.
- Some activities are regulated (hours, prohibitions, etc.): inquire beforehand.
- Consult the weather forecast regularly and plan an alternative route or do not hesitate to give up if the conditions are unfavorable.
- Book your place in advance if you plan to stay overnight in a mountain accomodation place. Remember to cancel in case of change.
- Tell someone about your schedule and the likely time of your return as well as your itinerary. In any case, avoid leaving alone.
- Make sure that your equipment meets the standards for certification of the activity practiced and visually check the wear of your equipment.

In case of medical emergency, Call: 140 - Free Red Cross Emergency Line
In case of fire, Call: 125 - Free Civil Defense Emergency Line

Indicate:

- The precise place and time of the accident as well as your name and phone number
- Departure point, hiking route, duration and distance, Is location accessible by a vehicle or not, ...
- The nature of the accident and the number of victims, the seriousness (unconsciousness, apparent injuries ...)
- The care provided or the first aid gestures practiced
- A clothing description (color ...) if the route is very busy
- Local weather conditions (wind, visibility)

An initiative supported by



Illustration: Etienne Touma - kugar 2020

MOUNTAIN LAB FOR THE LOVE OF SCIENCE

MOUNTAINS OF LEBANON



MT LEBANON RANGE
AS SEEN FROM JABAL AL SHEIKH



JABAL AL SHEIKH AS SEEN FROM SANNINE
BY MARIO FARES

Lebanon consists of two main mountain ranges, Mount Lebanon range & Anti-Lebanon range.

MOUNT LEBANON RANGE:

Mount Lebanon range consists of seven plateau, from North to South:

1- **AMMOUAA PLATEAU** its highest peak is "Qornet el Madwe" (2228m) and the second highest is "Jabal el Arouba" (2225m).

2- **MEKMEL PLATEAU** its highest peak is "Qornet el Sawda" (3088m) and the second highest is "Znanir" (3073m).

3- **MNAYTRA PLATEAU** its highest peak is "Jabal el Rawhe" (2292m) and the second highest is "Qornet el Shelale" (2187m).

4- **SANNINE PLATEAU** its highest peak is "Harf el Mraffe" at 2628m and the second highest point is "Qwami3 el Abed" 2625m, noting that "Zaarour" mountain is considered as part of Sannine Massif.

5- **KNEISSE PLATEAU** its highest peak is 'Tallet el manara" (2091m) and the second highest point

is 2042m in "Rouaimat" region.

6- **BAROUK PLATEAU** its highest peak is point 1951m in "Dhour Aalye" and the second highest is "Dahr Machraa el Baqra" 1943m.

7- **NIHA PLATEAU** its highest peak is "Tawmet Niha" 1700m and its second highest is "Tawmet Jezzine" 1674m.

ANTI-LEBANON RANGE

The Anti-Lebanon range stretches from South-East to North East Lebanon over 150km, running parallel to Mount-Lebanon Range and it forms the geographic border between Lebanon & Syria.

Knowing that the summit of Mount Hermon "Jabal el Sheikh" 2814m lies in the Syrian territory, the highest peak of the Anti-Lebanon range in Lebanon is "RAS WADI el HAJAR" 2629m and its second highest peak lies at an altitude of 2624m.

By Eddy Saab.

A SURVIVOR WAS BORN THEY CALLED IT #JUNIPER



Juniperus also known as “Lezzeb” in Lebanon is an evergreen conifer that grows at high altitudes from 1000m to 2900m on Mount Lebanon and Anti-Lebanon mountain chains. Being a hotspot for biodiversity, Lebanon is also a hotspot for junipers with five species; *Juniperus excelsa*, *J. foetidissima*, *J. polycarpus*, *J. drupacea*, *J. oxycedrus*. On the Lebanese mountains, *J. excelsa* and *J. oxycedrus* are the most represented, followed by *J. drupacea*. Whereas, *J. polycarpus* and *J. foetidissima* are very rare with two populations identified till our days. This fact increases our responsibility as Lebanese to enhance our vigilant protection towards our junipers and ban any tree cut. Especially, that Juniper identification is challenging in the field, particularly for *Juniperus excelsa*, *J. foetidissima*, *J. polycarpus* which are highly similar morphologically. Juniper

trees are considered as one of the most important features of the Lebanese forests by founding an important integrated natural system. Indeed, its rooting system which grows vertically and laterally protects the soil from erosion and interacts with the soil microorganisms. In addition, they are the home and nutriment source for many birds and animals. The importance of Juniper is not limited just to ecology, but also, those trees have high medical benefits. Indeed, for several centuries, juniper leaves, berries and essential oils have been utilized for medical services such as treatment of cold, rheumatism, microbial and fungus infections. Lately, it has been shown that extracts of *J. foetidissima* have anti-cancer activities and potentially act for the prevention of diabetes.

This is the genus of records among Conifers!!



More than any conifer, Junipers have high tolerance to harsh environments such as drought, extreme high and low temperatures and low nutriment substrate. Those qualities helped junipers to conquer a wide range of habitats. Indeed, Junipers live in places where no other tree dares to live in! We note Junipers on the highest altitudes and on the harshest cliffs. Furthermore, those trees are unique among conifers having berry-like and colorful female cones which attract mammals and birds, helping the seed's dispersal over long distances. Moreover, they have high longevity that could extend to 1500 years. Can you imagine how many hikers and shepherds a Juniper meets during its life?! How many animals have been fed and accommodated by just one juniper? Can you imagine how many snowy winter and droughty summer seasons they survived? How many fires and pests attack a juniper fights during its life? Indeed, it is not easy to be a juniper and particularly a Juniper in Lebanon where numerous threats (Environmental and human activities) exist. Interestingly, in the frame of my doctorate thesis accomplished at Saint Joseph University of Beirut (Lebanon) and Paris Sud University (France), studying genetic

characteristics of *Juniperus*, we found that some species of Juniper double or triple their complete set of DNA such as the Lebanese *J. foetidissima*. This means that instead of holding as an example one gene responsible for cold temperature adaptation they hold 2 or 3 copies of this same gene. This feature is exceptional comparing to other conifers and might be one of the important reasons giving juniper trees their high adaptation to extreme environmental factors.

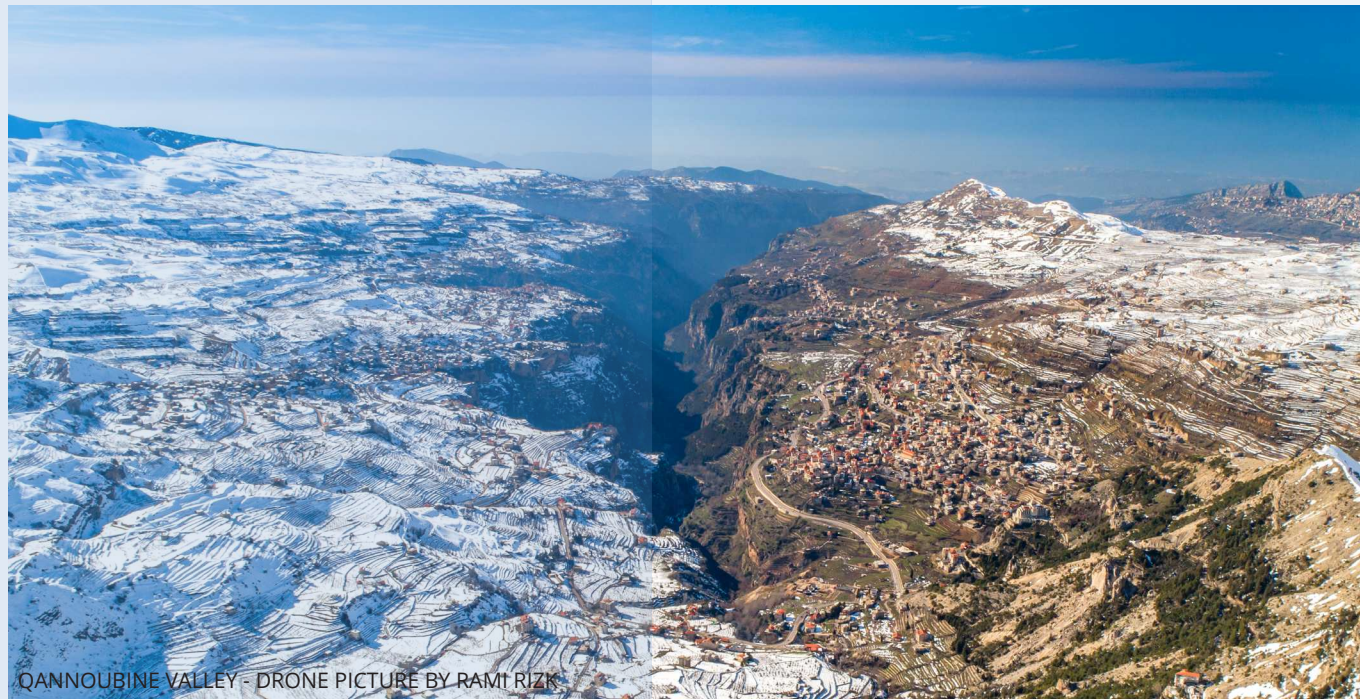
Being the Unknown Soldier for many years for the Lebanese wildlife, it is time to shed the light on junipers and to increase the awareness to protect and plant more of those trees in our high mountains.

Finally, after attributing many human characteristics to animals like the “beauty of eyes” to the cows, the “fidelity” to dogs, the “power” to the horse, let's attribute the “fighter and survivor” to a Juniper “Be a survivor like Junipers!”

Perla Farhat, PhD in ecology and plant genetics

LEBANON WEATHER FORECAST

ADRET VS UBAC - WHAT'S THE DIFFERENCE?



QANNOUBINE VALLEY - DRONE PICTURE BY RAMI RIZK

This great capture taken in North Lebanon represents a perfect example of how the way the slope faces the sun can affect the snow cover found on it, and on a larger scale, creates a microclimate specific for this area. The difference in the amount, or in other words, the intensity of sunlight received, creates drastic consequences that are not just limited to the snow cover but extend also to the living fauna (animal life) and flora (plant life) present on the slope. In this epic capture that is considered the best illustration one can see for this phenomenon, we can notice that the slopes of the mountains that are facing North (i.e. the villages on the left – Dimane, Kfarsaroun, Hasroun, Bazaoun, Bqerqasha, BqaqaKafra...) are fully covered in white, whereas the slopes of the mountains facing South (i.e. the villages on the right – Bcharre, Hadchit, Blouza, Bane...) are snow-free, even though there is no significant difference in altitude between the 2 slopes. In general, in the Northern hemisphere where we live, north-facing slopes ranging in latitude from about 30 to 55 degrees receive less direct sunlight than the south-facing ones (Lebanon is at around 33 degrees latitude). This lack of direct sunlight on the northern-facing slopes slows

down the melting of the snow, oppositely to what happens on the southern-facing ones. In fact, the north side of the slopes is often shaded (the area from Dimane to BqaqaKafra shown on the left) whereas the area on the right (from Bcharre towards Bane) receives more solar radiation or intensity since its slope is tilted towards the sun (not shaded).

Moreover, it should be mentioned that the south-facing slopes are also more open to the warm winds: this will generally make the microclimate dominating the slope warmer and drier than the one existing on the northern-facing slopes. A warmer and drier microclimate will definitely affect directly the vegetation that grows on either side; the northern sides will always be cooler and less dry, which will make these slopes look often greener than the southern ones.

Finally, if we take a look at where ski slopes in Lebanon are located (and definitely worldwide too), or where the spring and summer snow walls last, we will always find them on the northern side of the mountains, since the amount of direct sunlight is lower, creating this cooler microclimate that helps snow last longer.

By Elie Saade - Lebanon Weather Forecast - LWF
Facebook: Lebanonweatherforecast-lwf

SNOW DEPTH MEASUREMENT IN LEBANON

BECOME A CITIZEN SNOW-SCIENTIST THE NEXT TIME YOU HIKE THE LEBANESE MOUNTAINS

Snow depth measurement in Lebanon – water reserve – IRD france – CESBIO france – USJ



MEASURING SNOW HEIGHT (HS), SNOW DENSITY AND SWE.
CEDARS (2870 m), 6 Mar 2016. Photo by Charbel Abou Chakra.

Hydrological importance of snow in Lebanon

For most Lebanese, the arrival of snow each year means they can escape their urban lives and head to the mountains that are reachable within an hour's drive at the most. The snowpack in these mountains is a permanent destination for skiing, snowshoeing, snowmobiling, and for sharing adventures on social media. The same snowpack is a critical part of the national hydrological system and the sustainability of the water cycle in Lebanon.

The Mountains of Lebanon (Mount-Lebanon and Anti-Lebanon) are major water towers in the Levant. With average elevations above 2200 m, these mountain ranges play an important role in enhancing the wintery orographic precipitation. The hydrologic regime in the mountains is snow dominated and influenced by the Mediterranean climate and the karst groundwater system. While the climate controls the seasonal snowpack accumulation and melt processes, the karst system, which is characterized by a fast response, defines the fate of snowmelt and spring discharge. In fact, the mountain snowpack is crucial for the sustainability

and the replenishment of the karst groundwater and spring water supply during the dry season. The meltwater released from the snowpack between February and May is a major source of fresh water for lowland coastal regions and inland plains. Snowmelt also contributes to the storage of surface water (e.g. mountains hill lakes, ponds, and wetlands) and the sustainability of the agricultural and ecological systems in the Mountains.

The network for snow observations in Lebanon (NSOL)

In Lebanon, knowing how much snow had fallen and how much water is contained in the snowpack at any given time, is crucial for making predictions about the water supply during the dry season [1]. To collect this type of information, a network for snow observations (NSOL) was established in 2011 as a joint collaboration between the “Institut de Recherche pour le Développement” (IRD, France), the “Centre d’Etudes Spatiales de la Biosphere” (CESBIO, France), the University of Saint Joseph (USJ, Lebanon), and the National Council for Scientific Research (CNRS, Lebanon). Part of what scientists do at the NSOL is measuring snowfall, snow depth, and snow water equivalent (SWE), as well as other standard meteorological variables on a regular basis (see Figure 1) [2]. Most of the activities are located in Mount-Lebanon with three automatic weather stations collecting data since 2011 at elevations between 1830 and 2830 m [2]. Snow distribution is highly variable in space and time making the collection of data at larger scales costly and time expensive, and now scientists are looking for the help of the citizen scientists. The idea of crowdsourcing data

from citizen scientists, though not new, had proven to be good for advancing science [3], in addition to being fun for most of the mountain-enthusiasts. There is also evidence that citizen science democratizes access to information and enhances the public understanding of science [3]. Public access to scientific data is a fundamental component of the NSOL framework [2].

Next time you hit the slopes

The next time you go out for a winter hike try to collect snow-depth data while you are taking photographs of the snow scenery. How to do that? Well, measuring snow depth is simple and all you need: (1) a **Snow Probe** with graduated markings in centimeters and (2) your smartphone with the **Mountain Hub App** installed. The Community Snow Observations (<http://communitysnowobs.org/tutorials/>) provides a step-by-step tutorial on how to measure snow depth.

Biography

Abbas Fayad, PhD, has research interests in cold region processes and the hydrology of mountains. He is currently a postdoctoral research fellow at the Centre for Hydrology, University of Saskatchewan, Canada. Based at the Coldwater Lab in Canmore, the Canadian Rockies, he studies mountain snowpack and glaciers (tweets @enviwatch).

WEATHER OF LEBANON

WEATHER STATION



This is a live weather station based in Ajaltoun at around 840m and it is operated by “Weather of Lebanon” team, one of the leading social media weather pages.

A weather station gives you updated data every 5 minutes and it can be used for statistics purposes (comparing seasons, months and days from different years & archiving data)

You can follow “Weather of Lebanon” on Facebook & Instagram or download the mobile app “Weather of Lebanon” to get more weather reports and analysis.

Data updated each 5 minutes			
LAST READING AT TIME: 4:40 PM DATE: 12 March 2020			
Current Weather	mostly cloudy - rain	Current Temperature	19.1°C (66.4°F) (Heat Index 18.8°C), Apparent temp 14.9°C
Maximum Temperature (since midnight)	24.5°C at: 12:33 PM	Minimum Temperature (since midnight)	19.1°C at: 4:39 PM
Average windspeed (ten minute)	27.4 kmh (14.8 kts)	Wind Direction (ten minute)	ESE (114°)
Windchill Temperature	18.8°C	Maximum Gust (last hour)	41.6 kmh (22.5 kts) at: 4:08 PM
Maximum Gust (since midnight)	41.6 kmh (22.5 kts) at: 4:08 PM	Maximum 1 minute average (since midnight)	39.1 kmh (21.1 kts) at: 3:07 PM
Rainfall (last hour)	0.0 mm	Rainfall (since midnight)	0.0 mm (0.00 in.)--
Rainfall This month	76.3 mm (3.00 in.)	Rainfall To date this year	1005.9 mm (39.60 in.)
Maximum rain per minute (last hour)	0.0 mm/min	Maximum rain per hour (last 6 hours)	0.0 mm/hour
Yesterdays rainfall	0.0 mm	DewPoint	9.8°C (Wet Bulb :14.1°C)
Humidity	55 %, Humidex 20.3°C	Barometer corrected to msl	1006.1 hPa
Pressure change	-0.9 hPa (last hour)	Trend (last hour)	STEADY
Pressure change (last 12 hours)	-3.4 hPa	Pressure change (last 6 hours)	-3.1 hPa

WILDLIFE IN THE MOUNTAINS OF LEBANON



RED FOX (VULPES VULPES)

Despite its small area (10452 km²) Lebanon is mostly a mountainous country with two parallel mountain ranges, one is western and includes Lebanese highest peak: Qurnat al Sawda' (3088 m), and the other stretches across the eastern border with Syria, both separated by the Bekaa valley. Due to Lebanon's unique Mediterranean climate, these mountains are thriving with wildlife, big part of which has become endangered or extinct as a result of human actions such as urbanization, deforestation and unsustainable hunting. Animals inhabiting the Lebanese mountains include mammals such as: the Red Fox (*Vulpes vulpes*) that can often be seen crossing the road at dusk, or the Golden Jackal (*Canis aureus*) that is usually heard howling after dark, and

the Wild Boar that became a common target for local hunters for its meat, as well as some locally endangered species like the Grey Wolf (*Canis lupus*) that almost disappeared from the Lebanese wilderness, and the National Animal of Lebanon the Striped Hyena (*Hyena hyena*), whose numbers are dramatically declining as people kill it out of fear, unaware of its importance in cleaning the environment and disease control. The mountains are also rich in herpetofauna (reptiles and amphibians), some of which like the endemic Lebanon Mountain Viper (*Montivipera bornmuelleri*), became endangered as a result of habitat loss, and others like the Near Eastern Fire Salamander (*Salamandra atra*) are highly affected by the pollution of water bodies in which they reproduce. Many reptiles, especially



ROCK HYRAX



LEBANON MOUNTAIN VIPER



NEAR EASTERN FIRE SALAMANDER

European Glass Lizards (*Pseudopus apodus*) and most snake species, are killed due to their reputation of chasing, attacking and killing people, which is wrong since only 9 of 25 known local snakes are venomous, and no wild animal would harm a human unless it was threatened by him. Also, Lebanese mountains are home for hundreds of species of birds. They are nesting grounds for some species, and a temporary shelter for others during their migration. Unfortunately, these birds are threatened by the unsustainable hunting leading to severe decline in numbers of some species such as the Greater Spotted Eagle, the Egyptian vulture, and many others... Thousands of species of invertebrates like insects, arachnids (spiders and scorpions)

and mollusks (snails and slugs), also inhabit the mountains playing their part in the balance and in keeping these mountains alive (bees and other pollinators). Sadly, are also in danger due to vast usage of pesticides, and pollution. Lebanese mountains are hotspot for biodiversity in the Middle East. But this biodiversity won't last for long unless people start acknowledging its importance and taking care of it before it's too late.

Ramy Khashab
Instagram: [Wildfree.rk](#)
Youtube: [Herping Lebanon RK](#)

SHORT ARTICLES

SNOWFLAKES SHAPES

❄️ A snowflake is formed when a cold water droplet freezes onto a nucleus (dust particles or pollen grains) in supersaturated clouds.

❄️ Their shape is influenced by differing temperature and humidity zones in the atmosphere, and may be categorized in 10 broad classifications and at least 80 individual variants, knowing that individual snowflakes differ in detail from one another.

❄️ The first person to photograph snowflakes was Wilson Bentley, who took more than 5000 photos using a microscope attached to a camera in 1885.

CODE	GRAPHIC SYMBOL	TYPICAL FORMS	TERM
1			Plates
2			Stellar crystals
3			Columns
4			Needles
5			Spatial dendrites
6			Capped columns
7			Irregular particles
8			Graupel (soft hail)
9			Ice pellets (Am. sleet)
0			Hail



DOES ALTITUDE CHANGE THE PERCENTAGE OF OXYGEN MOLECULES IN THE AIR? NEVER!

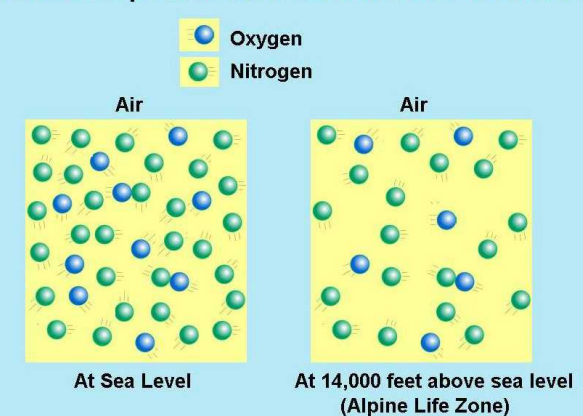
We all live underneath a huge ocean of air that is several miles deep. The pressure on our bodies is about the same as ten metres of sea water pressing down on us all the time. As you go up a mountain, the air becomes less compressed and is therefore thinner.

Boyle's law: *The pressure of a given gas is inversely proportional to its volume at a constant temperature.*

This relationship between pressure and volume means doubling the volume of a given mass of gas decreases its pressure by half. The percentage of oxygen molecules is exactly the same, 21%, at any given altitude, The problem is that the concentration of all the

molecules decrease since the volume increased, including the Oxygen. So although the percentage of oxygen in the atmosphere is the same, the thinner air means there is less oxygen to breathe.

A Close Up Look at Air at Different Elevations



THE MAIN TYPES OF MOUNTAINS



1- Fold mountains
The Earth's lithosphere is split into 7 rigid plates. When two plates collide the heavier one will slowly glide beneath the lighter one. If they have relatively similar densities, then they will start to crumple up, driving movement upwards. They can spread over thousands of kilometers. To get a better idea of what this looks like, try to push two pieces of papers towards each other: some parts will rise up, representing the process of mountain formation.



2- Block mountains (or fault-block)
After some parts of a tectonic plate start to fold and when the pressure grows and grows, at one point the rock will simply break. Faults are those breaks. Some of them can get pushed up or down, thus resulting in block mountains. they tend to have a steep side and a slowly sloping side.



3- Volcanic mountains
Volcanic mountains are created when magma deep beneath the surface starts to rise up. At one point, it erupts in the form of lava and then cools down, solidifying and piling on to create a mountain.



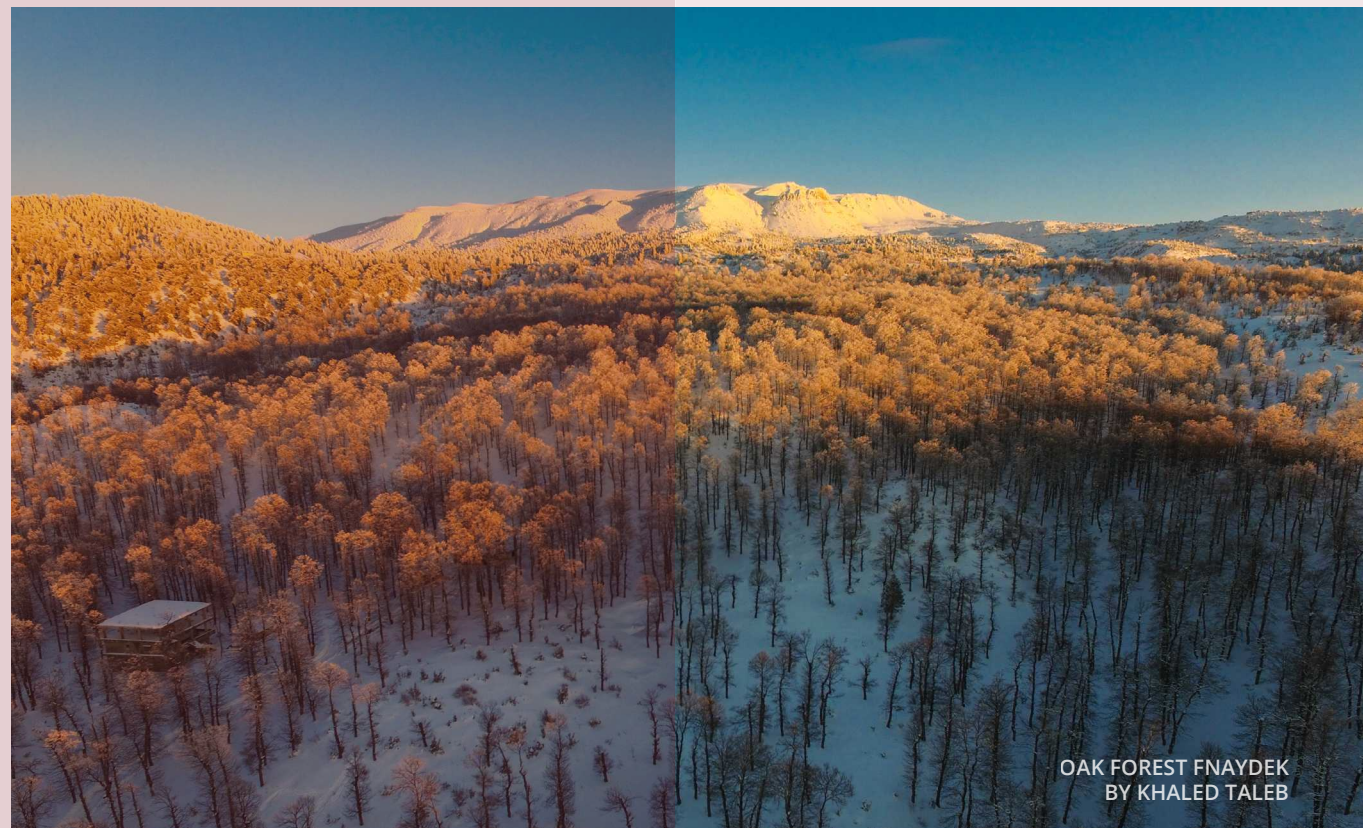
4- Dome mountains
Sometimes, a lot of magma can accumulate beneath the ground and start to swell the surface. Occasionally, this magma won't reach the surface but will still form a dome.

By Mario Fares & Mira Sabbagh

WANDERLUST DISCOVERY



“Akkar”, Mountains, woods & more “AKKAR TRAIL” team



Akkar is one of the most diversified regions in Lebanon, nature-wise. It is characterized by its mountains that include many forests and around 70% of the plant species known in Lebanon. Akkar trail's main mission is to encourage the practice of all outdoor sports on Akkar mountain trails.

Akkar trail's goals:

- Encourage eco-tourism on mountains trails in Akkar.
- Create new trails along with maintaining the old one.
- Archive the biodiversity present on the trails.
- Support the local economy and community (Guest houses...).

- Promote eco-tourism in Akkar by capturing its beauty and sharing the photos.
- Train local guides.
- Publish indicative booklets about Akkar and its trails.
- Organize awareness campaigns about the environment.
- Organize guided trips to Akkar's trails.
- Encourage outdoor sports like rock climbing, biking, birdwatching, freeskiing...

Akkar trail's team:

Akkar trail's team consists of local mountain guides, along with specialists, researchers and university students, bound together by their passion of presenting Akkar in the best way possible.



Akkar trail's accomplishments:

- Specifying 30 walking trails in the mountains of Akkar.
- Documenting new plant species that were unknown to Akkar and Lebanon.
- Helping many university students voluntarily with their thesis research.
- Accompanying researchers with their studies about Akkar's governorate (studies about plants, geology...)
- Creating an herbarium to preserve plants and an insectarium to preserve different kinds of insects.
- Specifying new trails for rock climbing and biking, in collaboration with active clubs.
- Promoting eco-tourism in Akkar through documentaries.
- Promoting local products and cultivations.
- Organizing awareness campaigns and environmental activities.
- Publishing many indicative booklets about the different trails in Akkar.

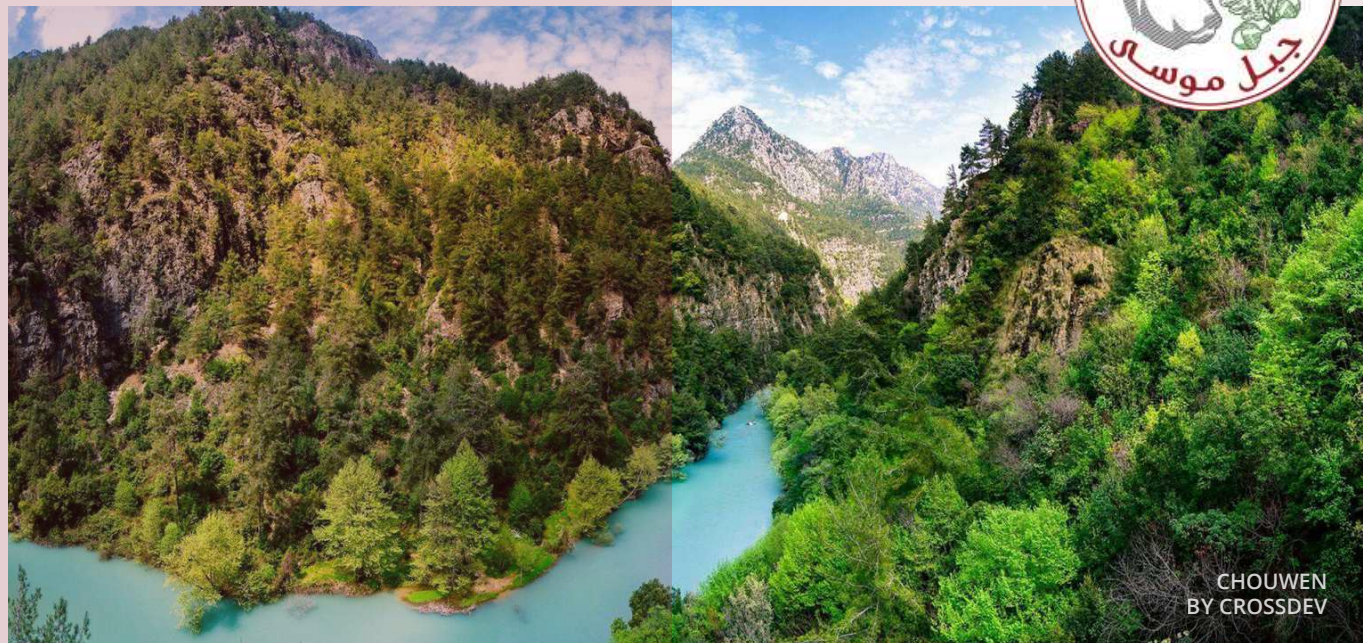
- Presenting guiding to many groups along the walking trails in Akkar.
- Organizing many workshops for photography and mountain guiding.

In conclusion, Akkar, as well as other Lebanese areas, lacks ecological initiatives and perhaps, Akkar trail will be a light in the darkness in the area of benefitting from its natural wealth, which is its true legacy. But those efforts can only pay in case of raising awareness and promoting protection and realization of the importance of those forests and mountains.

Explore the gorgeous Oak forest, start your hike from the GPS readings 34.4912300, 36.2564600 to reach the ending GPS readings 34.477530, 36.210230.

Facebook & Instagram: Akkar trail
Phone number: 76 719314

FROM A THREATENED MOUNTAIN TO A THRIVING PROTECTED AREA. THE STORY OF JABAL MOUSSA IN MOUNT LEBANON



On the western slopes of Mount Lebanon, in the casa of Kesrouane, stands a mountain of 12,5 km²: Jabal Moussa, translated to “Mount of Moses”. Surrounded by villages at its base, Jabal Moussa rises as an isolated massif.

In 2007, a group of local nature lovers founded the “Association for the Protection of Jabal Moussa” (APJM), a not-for-profit organization, aiming to conserve the mountain from increasing external threats. To back its mission with documented arguments for conservation, APJM commissioned targeted studies to experts, and the results exceeded all expectations:

Botanists George and Henriette Tohmé rediscovered the *Salvia peyronii*, a rare plant that was thought to be extinct, and recorded 6 flower species endemic to Jabal Moussa.

On his camera traps, mammologist Mounir Abi Said photographed a lactating female wolf over two years and recorded more than 20 mammal species ranging from bats to hyenas.

Jaakko Kullberg found a new insect species to science in Jabal Moussa and named it after the mountain

(*Micropterix jabalmoussae*). A Rocha Lebanon, recorded more than 137 migratory and soaring bird species, which led to the designation of the mountain as a Global Important Bird Area (IBA).

The cultural aspect of the mountain was also tapped.

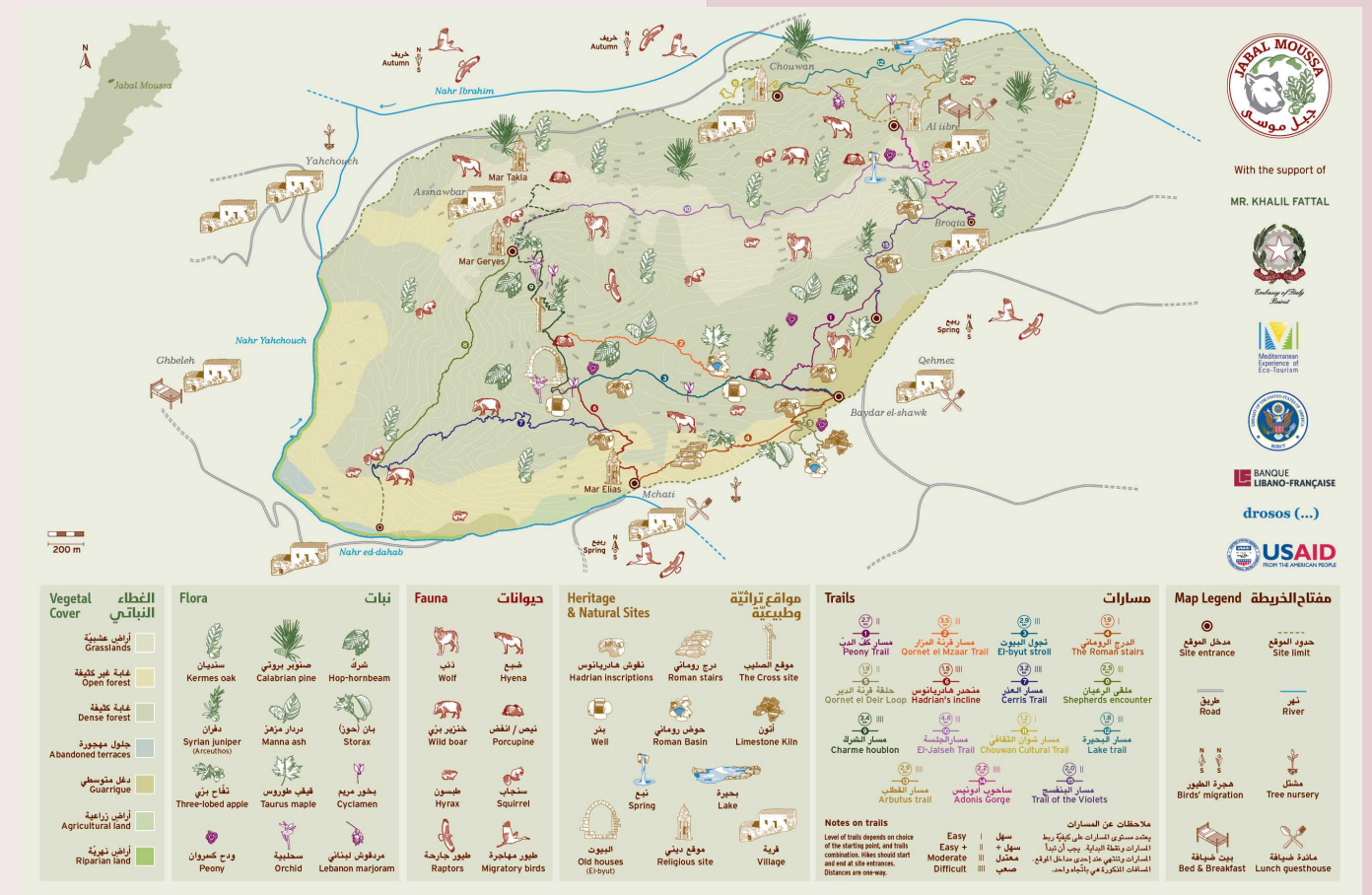
The longest stretch of Roman road in Lebanon was recorded in Jabal Moussa, an abandoned hamlet in the mountain summits was recorded and consolidated under the supervision of architect/archaeologist Yasmine Makaroun.

Several Roman “Hadrian’s inscriptions” were found around the mountain, and studied by Hani Abdul-Nour.

The natural, cultural and social assets of Jabal Moussa led to its designation with its surrounding villages as a UNESCO Biosphere Reserve (BR) in 2009, under the Man and Biosphere Programme, and afterwards its central area was designated as a Natural site by the Ministry of Environment in 2012.

But the biggest archaeological discovery was the site called “Qornet el Deir”.

A few years back, Qornet el Deir (literally translated to “the hill of the monastery”) was a “mystical” yet sacred



site to locals. The site witnessed several clandestine attacks by treasure hunters, and most notably massive bulldozing. Nevertheless, the scattered pottery found on site, the size of the precinct, and the numerous “chambers” within, incited the scientific interest of visiting archaeologists. Excavations done since 2017, led to unexpected results: not only was the site inhabited during Medieval and Roman eras, but its occupation goes back to the Bronze Age (Phoenician) when it was a true settlement for a significant period, and was well interconnected with the Bekaa Valley and the coast! Not far from Qornet ed Deir, and probably strategically linked to it, are the “Roman stairs”, a stretch of Roman road linking the towns of Qehmez and Mchati. Those stairs are the longest and best protected stretch of a larger network of Roman roads that used to link the coast to the Bekaa, built between 64 BC and 249 AC. Despite bearing traces of recent bulldozing, they span



over 1,800 m of length and have an impressive width of 2 to 3 meters. The stairs had been used until at least the 1950's as the main road for locals and people passing by the two towns. Today, it is used as a hiking trail linking two main entrances of Jabal Moussa, and by shepherds during their seasonal transhumance.

You can hike the full loop in Jabal Moussa, or you can only do a small part. There are many starting points in this trail depending on the area you want to start from. You can Start from Qehmez entrance, Mchati entrance or from Chouwan entrance. If you want to hike the full loop of the mountain you can start your trail from the GPS reading 34.0557000, 35.7794400.

[@jabalmoussa](http://www.jabalmoussa.org)
www.facebook.com/jabalmoussareserve
 71944405 09643464

AL SHOUF RESERVE

#LEBANON'S_LARGEST_NATURAL_CEDAR_RESERVE

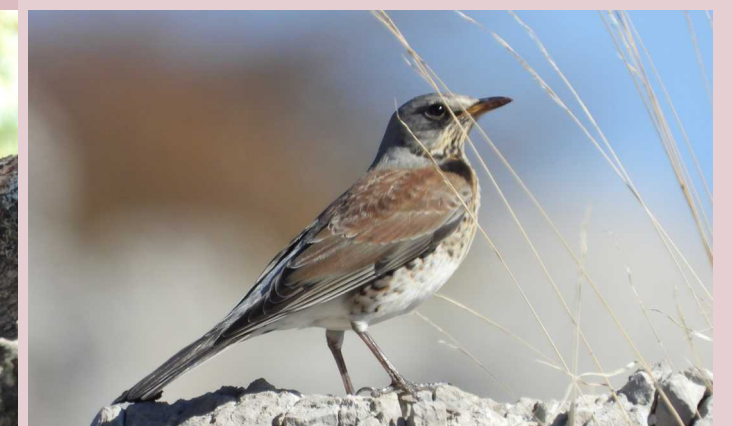
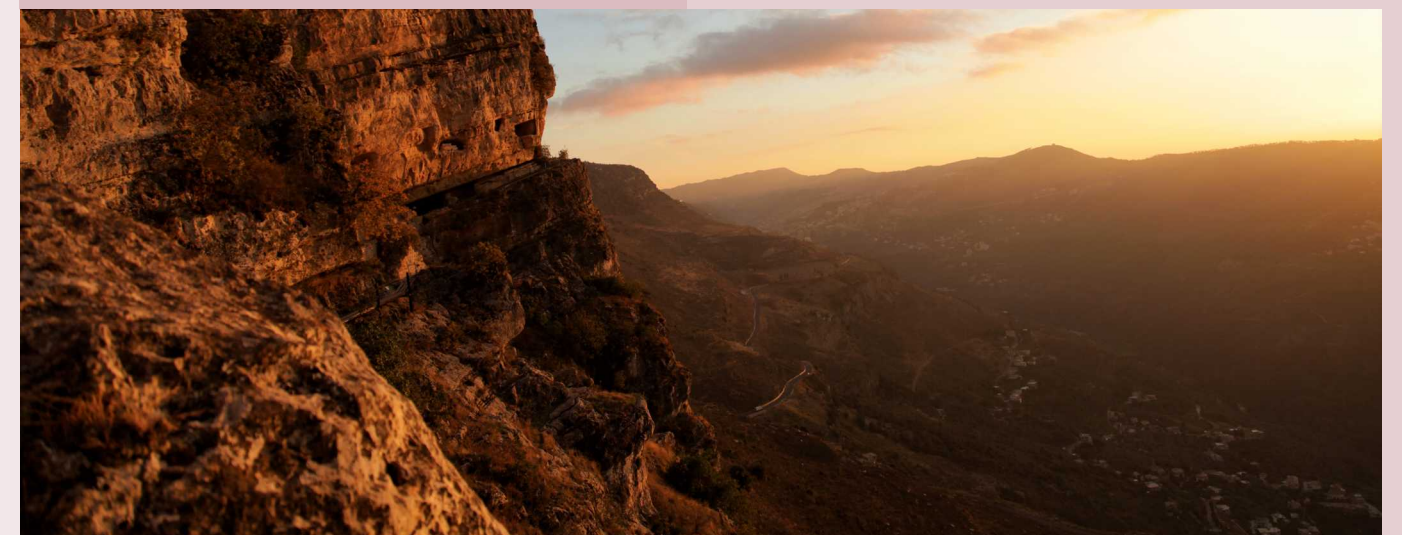


In July 2005, UNESCO declared the Al-Shouf Cedar Nature Reserve a “Biosphere Reserve” with an area of approximately 50,000 hectares – or 5% of the total area of Lebanon. It includes the: i) Al-Shouf Cedar Nature Reserve (established in 1996) and located in the Shouf mountains of central Lebanon. It encloses the cedar forests of Maasser El Shouf, Barouk, and Ain Zhalta / Bmohray, which form its core zone; ii) Ammiq Wetland, east of the Shouf in the Beqaa Valley. Ammiq is a Ramsar site and one of the last remaining wetlands in the Middle East; and iii) 22 villages surrounding the Nature Reserve from the eastern and western sides of the Barouk and Niha mountains.

The Shouf Biosphere Reserve is active in the fields of scientific research and monitoring, rural development, environmental awareness, conservation of resources, and ecotourism.

Ecological Value: A quick look at its ecological value will tell us that the Shouf Biosphere Reserve hosts one of the largest stands of Lebanese Cedar (*Cedrus libani*) in Lebanon. It is also a crossroads for bird migration, strategically located on the routes between Europe, Africa, and West Asia. The reserve is home to large numbers of birds, mammals, insects, reptiles and plants, many of which are endemic, rare and threatened. To name but a few there is the rock hyrax, the hyena, the wolf, the partridge, in addition to the highly valuable oregano, the colorful orchids and many others (www.shoufcedar.org)

Ecotourism: Locals are well connected to the reserve, and are part of the ecotourism activities as either guides or rangers. They also host local and international tourists, inviting them to savor traditional products and giving them the ‘flair’ of the Biosphere



Reserve in eco-friendly guesthouses and tables d’hotes where local products are served. As for the visitors, they can enjoy hiking, bike rides, snowshoeing in winter, simple village tours, and local festivals. The Shouf Biosphere Reserve has established and restored 420 km of trails that meet the needs of all visitors (ages, fitness...etc.). The trails aim to place the villages they pass through on the ecotourism map. Every year, SBR actively supports the municipalities in organizing festivals highlighting the villages and the locals.

You can hike many trails in al Shouf reserve, we will highlight in this edition Ain Zhalta reserve trail where you can start from the GPS readings 33.7366600, 35.7294500 Or al Barouk reserve trail where you can start from the GPS readings 33.7054089, 35.7024983

Website: www.shoufcedar.org

Facebook: *Shouf Biosphere Reserve*

Instagram: *Shoufreserve*

Number: 05 350250

CELEBRATING A SHARED HERITAGE. BRINGING COMMUNITIES CLOSER TOGETHER.



ABOUT THE LEBANON MOUNTAIN TRAIL - LMT

Member of the World Trails Network, the LMT is the first long distance hiking trail in Lebanon. It extends from Andqet in the North of Lebanon to Jdeidet Marjaayoun in the South, a 470-km long path that transects more than 76 villages and towns at an altitude ranging from 570 meters to 2,011 meters above sea level. The trail celebrates the natural beauty and cultural wealth of Lebanon's mountains and promotes responsible tourism that brings economic benefits to local communities.

ABOUT THE LEBANON MOUNTAIN TRAIL ASSOCIATION - LMTA

The LMTA was established on October 31 2007, with objectives to develop, maintain and conserve the LMT, establish side trails, protect the natural, cultural and architectural heritage and landmarks near the trail and enhance economic opportunities by promoting responsible tourism.

BECOME A MEMBER

Join a community of supporters who share your interest in exploring, conserving and sustaining the trail and our shared heritage.

OUR OFFICES:

Sacré Coeur Hospital Street, Ghaleb Center, 1st floor, Baabda, Lebanon

CONTACT US:

T: +961 5 955 302 or 3 | F: +961 5 955 303 | E: info@lebanontrail.org

www.lebanontrail.org

470 KM (293 MI.)

Trail Distance

9 TO 24 KM (6 TO 15 MI.)

Per section

27 SECTIONS

Or number of hiking days

570 - 2011 M (1870 - 6600 FT)

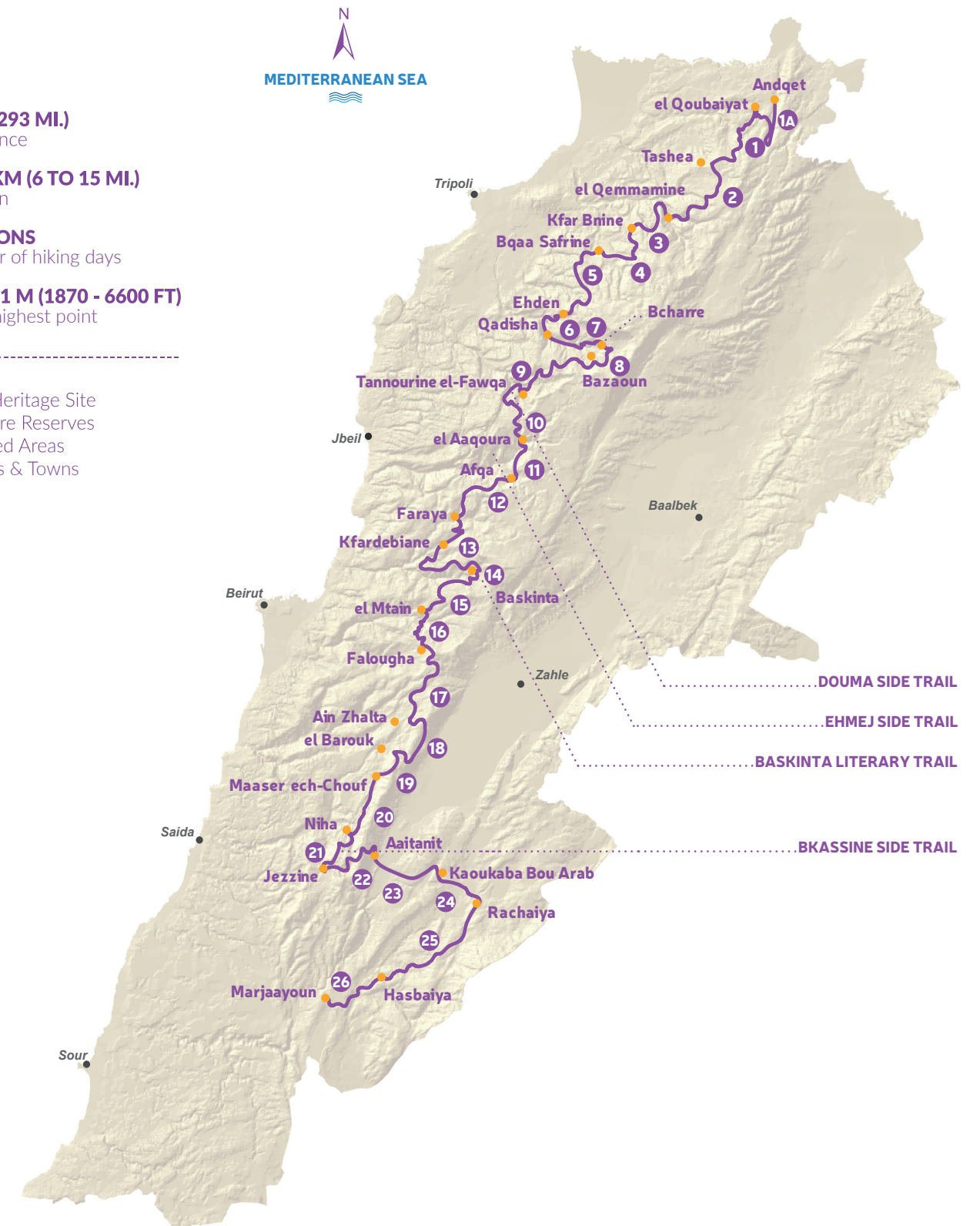
Lowest - highest point

1 World Heritage Site

2 Biosphere Reserves

5 Protected Areas

76 Villages & Towns



[f](https://www.facebook.com/LebanonMountainTrailAssociation) /LebanonMountainTrailAssociation

[@Lebanontrail](https://www.instagram.com/Lebanontrail)

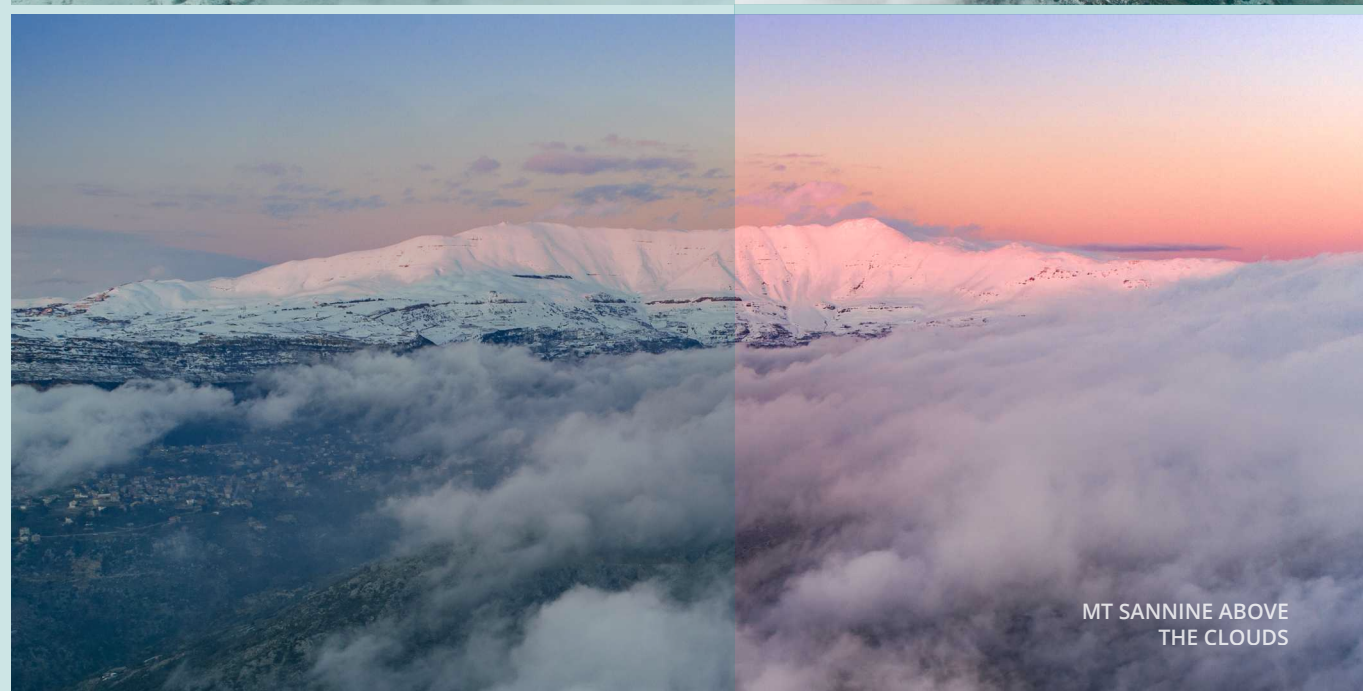
[y](https://www.youtube.com/LebanonMountainTrailAssociation) Lebanon Mountain Trail Association

www.lebanontrail.org

MOUNTAIN ACTIVITIES

MOUNTAINS OF LEBANON - A DIFFERENT PERSPECTIVE

In this edition, Rami Rizk, the well-known Lebanese drone photographer will take us on a tour to see the majesty of our mountains with his stunning drone images.



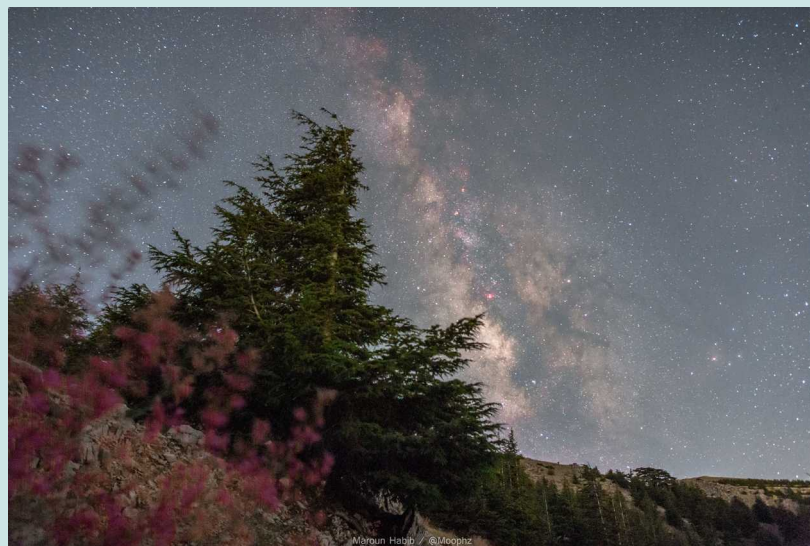
ASTROPHOTOGRAPHY & MOUNTAINS

#DARK_SKIES_MATTER

You might have attended stargazing events or seen those stunning starry landscapes taken from Lebanon, but ever wondered why most of them are done on mountains? Who said it's impossible to enjoy this kind of events on low altitudes? Is it really possible to "see" the Milky-way from the city?

Before diving into an existential crisis, back in the days our grandparents used to observe the night-sky from the city comparing to what we see from mountains now, but throughout the years, urban planning followed by irresponsible light usage deprived us of this beautiful experience.

Generally speaking, all those amateur activities of astronomy can be practiced from low altitude, but now became impossible from cities like Beirut for example. There are countless reasons why the mountains are a great refuge to practice astronomy, a few will be mentioned in this article, so sit back, relax and prepare to dive into our world.



1- Artificial Light at Night

Imagine having a conversation with friends in a public place, you often need to raise your voice in order to be heard - This is "Noise Pollution".

The same effect happens to stars in bright locations, the only difference is that stars cannot adjust their brightness. It is the environmental light emitted by streetlights, restaurant and houses that make them almost invisible from urban areas. This is what we call "Light Pollution", also known as Artificial

Light at Night (ALAN). There is a direct correlation between Population and ALAN, the more populated an area is the more light it produces, and the harder it becomes to observe astronomical objects. Places away from light pollution are called "Dark Skies", and they are astrophotographer's obsession.



2- Mountains as shields

Mountains have been astrophotographers' refuge ever since this hobby started in Lebanon, but going higher on a mountain doesn't necessarily mean darker skies, because higher peaks can be exposed to more light than lower surrounding ones. With that said, mountains play a major role in favoring astrophotography and astronomical observations, high and steeped ones act as a shield against ALAN originating from nearby villages.

3- Altitude

As previously stated, amateur astronomy practices do not require high altitude, but sometimes clouds can be a major party-pooper for enjoying clear night skies. Clouds found on low and medium heights can be surpassed by driving higher. Whenever above,

those clouds can also play a shielding filter by reflecting light back to the ground, allowing a better experience from above. Of course, this is a mission impossible in countries like the Netherlands, as it's mostly cloudy and its highest peak is 322 meters.

Don't be that person:

- 1- Who camps at mountains and shines LED light in all directions, use light just as needed.
- 2- Who keeps outdoor lights shining while sleeping; turn it off whenever not needed.
- 3- Who organizes events in the middle of nowhere and shines light pillars across the sky; this ruins the night sky.



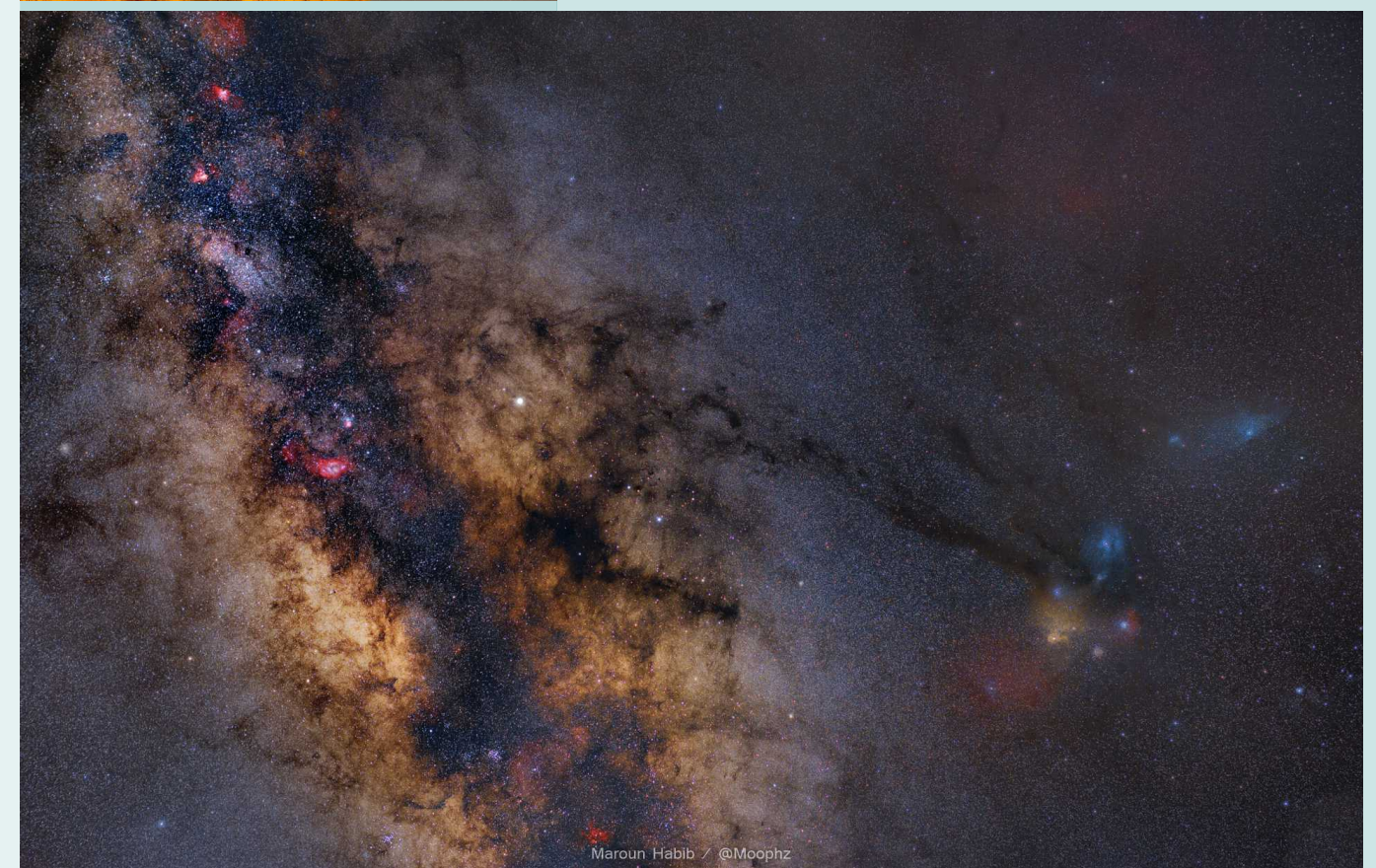
How can you help?

Mainly by spreading awareness. One of the most active organizations and anti-ALAN advocates are the International Dark-Sky Association (IDA), this organization provides material and recommendations to increase awareness, and improve the quality and quantity of light used at night. They also organize a global yearly event called "The International Dark-Sky Week" that will take place during the week of April 19th 2020.

By Maroun Habib.



If you want to know more about astrophotography and light pollution, hit me up on Instagram @moophz. #DarkSkiesMatter



ROCK CLIMBING IN LEBANON

For all the new adrenaline and outdoor getaway seekers, rock climbing is what you might be looking for. Rock climbing is an all body-mind sport, where you climb up on natural rock formation and go back down, using a rope which is securely attached to the top of the rock. It is a sport which demands a lot of physical and mental abilities: you develop endurance, strength, balance, agility and mental control.

Rock climbing in Lebanon started in Tannourine El Fawqa and Chatine back in 1999 where the French army developed the first sites. Since then, many more have been opened all over Lebanon with the help of local and foreign climbers. Rock climbing is a great way to enjoy an outdoor experience in our fabulous mountains surrounded by stunning views. And if you are not a big outdoor lover, indoor climbing is a good alternative.



How to learn rock climbing?

This sport requires the proper knowledge of the specific techniques on how to safely use the gear; these must be learnt at the indoor gyms where trained climbers will give you classes. The Lebanese Climbing Association (LCA) also organizes a few workshops throughout the year and an outdoor experience event for all those who want to try rock climbing.

Where to climb?

- *Indoor*

You climb on an artificial structure where the rope is already set up. It is a good way to improve your skills, your technique, have a general workout or even spend a fun day climbing up these indoor walls.

There are two indoor gyms in Beirut: URock Climbing in Jdeideh

and Flyp in Karantina. You can also go to GoUp Climbing in Saida.

- *Outdoor*

Rock climbing outdoors requires the proper training, the perfect knowledge of techniques and having the good equipment for a safe climb. We have a lot of cliffs already prepared for climbing; and there are many more to be developed as Lebanon has a great potential for new rock-climbing sites.

URock Climbing, GoUp Climbing and Flying Frog organize outings during spring and summer. They have all the equipment needed for you to spend an awesome day rock climbing on our fantastic cliffs.



Who can climb?

Anyone can climb, 4 year- old- children up to 80 year- old- men! Nothing is impossible. Even if you have the fear of heights, this is a good way to overcome it.

For more details:

- www.lebaneseclimbingassociation.org
- www.urock-climbing.com
- www.goupclimb.com
- www.flyingfrog.co
- www.flyurbanpark.com

Chloë Comati

Co-founder and president of the LCA

INDOOR CLIMBING IN LEBANON

Indoor climbing gyms provides climbers of all ages a safe environment to exercise for first timers, gain new climbing skills and have fun.

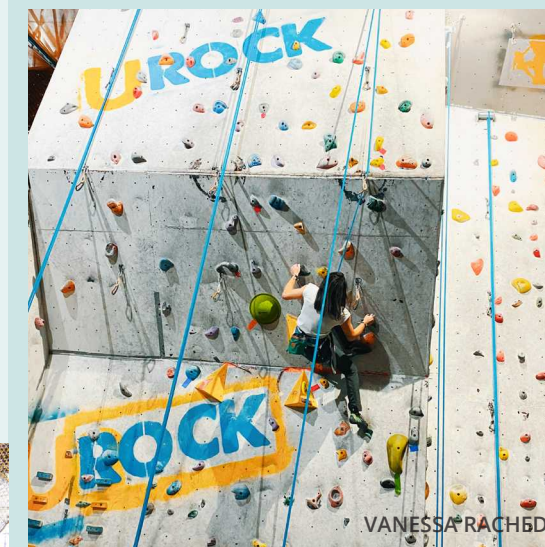
Sports climbing in general has grown so much that it will be one of the new sports at the 2020 Olympic games in Tokyo, Japan.

In this Edition we will spot the light on the 1st indoor climbing gym in Lebanon, founded in 2012 by Jad Bou Chebl and Jean Kreiker and it all started back then with a humble indoor climbing wall where climbers could come and train in a positive atmosphere and push their limits.



With a clear determination to promote the sport, they devised 25 sports climbing routes (top-rope and lead), graded between F5a & F6b. Climbing the steps to success, today U ROCK offers a variety of more than 65 sports climbing route, graded between F5a and F7c. U ROCK's team has grown to be the biggest in Lebanon with 4 head coaches and 2 assistant coaches, all qualified and trained to the highest standards both in rock climbing safety and in customer service. Combined all together they have more than 30 years of experience in training and outdoor climbing. Etienne Touma, who is responsible as well of the youth program, is certified by Kandersteg International Scout Centre and the Swiss "Union Internationale des Associations de Guides de Montagnes - UIAGM".

Success did not happen overnight as the rock climbing community faced some challenges. Talking about the topic, Jad Bou Chebl said that back in 2012, there were few people practicing rock climbing, and the reigning mentality was that rock climbing is "a dangerous activity". He added that the main challenge was to change people's mentality and convince them that rock climbing is a sport like any other. Jean Kreiker also intervened saying, "Yes, it is extreme, but it doesn't present higher risks if practiced by following the set safety measures. Climbers should practice very well before being ready to face the mountains". One of the gym's climbing instructors, Etienne



Touma added, "Climbing is a complete activity that works all muscles, which needs patience, endurance, balance and technique".

Train to achieve new heights

Talking about rock climbing courses, Jad said that on top of basics, like Intro to Climbing sessions, Belaying Initiation sessions, and Lead Climbing courses, "we do specialize in setting long term training programs that will take the very beginners to an advanced climbing level.

We organize U ROCK Clinics: these are talks, workshops and presentations about topics indirectly related to climbing, and that can benefit anyone who attends in general, and athletes and climbers specifically".

U ROCK has the perfect recipe for strength and improvement since the gym has top-rope and lead climbing routes, a campus board, multiple fingerboards, climbing balls, a climbing burger, gymnastic rings, and pull-up bars. They are the first and only climbing gym in the Middle East to install the Tension Climbing Board, with more than 14,000+ bouldering problems, a specific training board to work out the body symmetry.

The vision for the future is to safeguard U ROCK's mission, which is to provide climbers of all ages a fun and safe environment to exercise, socialize, and gain new climbing skills.

If you want to drop by for a day or even ask them a question, contact +961-3-807854, or you can Follow @Urockclimbing on Instagram and U Rock Climbing page on Facebook.

VAN LIFE:

WHAT BEGAN AS AN ATTEMPT FOR A SIMPLER LIFE, SURPRISINGLY BECAME A LIFE-STYLE TREND



We have all seen the hype around #vanlife. And we have all seen the stunning photos on social media. Why not place everything behind and live a happy carefree life and travel in a van. The van is fully equipped with all the essentials we need in our daily lives. Bed, mini Kitchen, toilet, shower, and of course for me adding my ultimate motocross and bicycle on top of the van !

How ready are you to explore your own country in a different incredible way and finding hidden awesome camping spots? and in a van you can tour the world, explore the mountains, learn about yourself and refocus on what really matters in your life. Disconnecting from the world is found on a VAN JOURNEY. Below I will take you through the most controversial reasons about living in a van and how the vanlife will lead you to a happy and healthier real you.

Living the Van Life in such a small space

Everyone always has the urge to "need" a bigger apartment, but I've always been that type of person where I dream of owning my own tiny cozy space. And how awesome will that be if the space of mine is mobile, literally this home of mine is taking me to breathtaking places I have never experienced before.



Adventures Just Happen

When we travel by plane, we tend to see big cities, and pre planned cliché itinerary. As for me, hitting the road in my VW, I find myself getting caught up in almost endless unplanned adventures. Such as discovering new hidden camping spots, mountains, waterfalls. GO ahead – explore VanLife and decide if living in a van is right for you. Then get out there and begin your journey!

Victor Kayem

Instagram : @Vixoo7

HIKING & OUTDOOR GROUPS IN LEBANON



Born to Hike:

- Facebook: Born2hike
- Instagram: @Borntohike
- Phone: 03287838



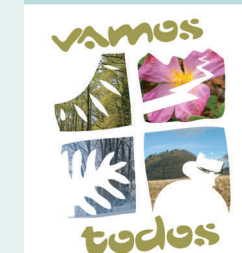
Club des Vieux Sentiers:

- Facebook: Club des vieux sentiers (group)
- Phone: 03 826 612 / 03 575017



Green path Lebanon:

- Facebook: Green Path Leb
- Instagram: @greenpathleb
- Phone: 70557955



Vamos Todos:

- Facebook: Vamos Todos
- Instagram: @vamostodoslebanon
- Phone: 03917190



Lebanese outdoor adventures:

- Facebook: Lebanese outdoor adventures – LOA
- Instagram: @LOA357
- Phone: 03539882 / 03685718



Highkings:

- Facebook: Highkings961
- Instagram: @Highkings961
- Phone: 70270178

MAJD FARAH
CO-FOUNDER
PHONE: 96170270178



Mountain goat by Roy Nader:

- Facebook: <https://www.facebook.com/RoyGNader/>
- Phone: 70010049



Sports for life:

- Facebook: Sports 4 Life
- Instagram: @sports4lifeme
- Phone: 03574874



Vinca Libanotica:

- Facebook: <https://www.facebook.com/vincalibanotica2015/>
- Phone: 70196750



Explorers Lebanon:

- Instagram: @explorerslebanon
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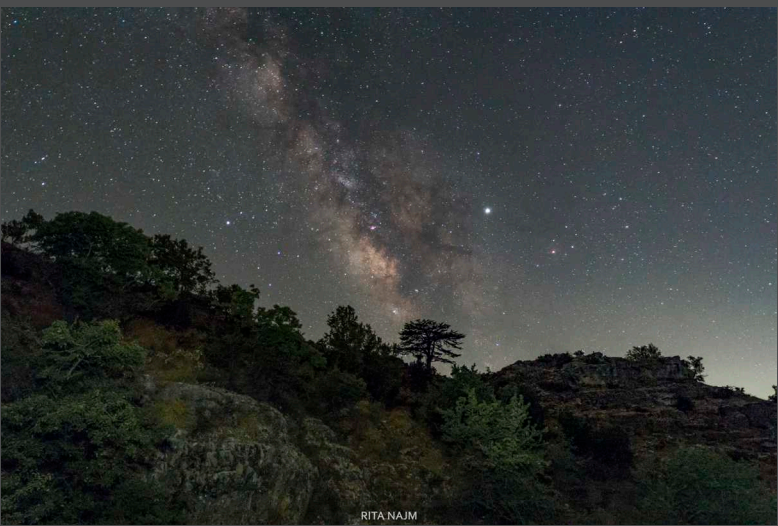
Dale Corazone:

- Facebook: Dale Corazone – Lebanon Explorers
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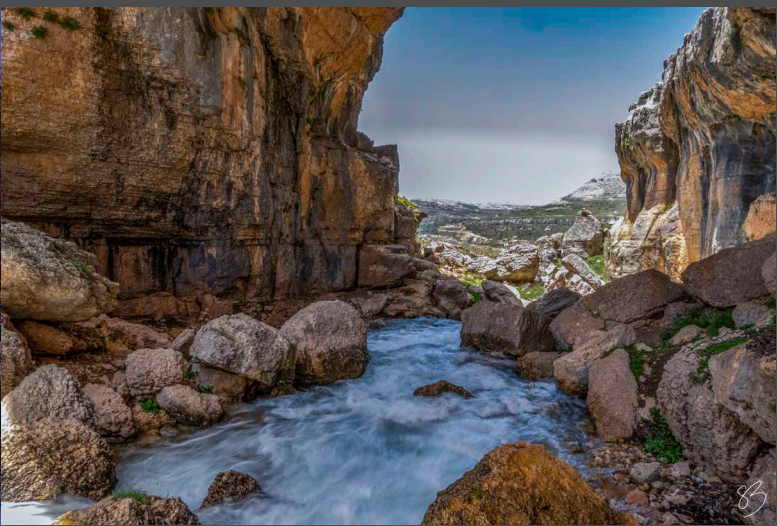
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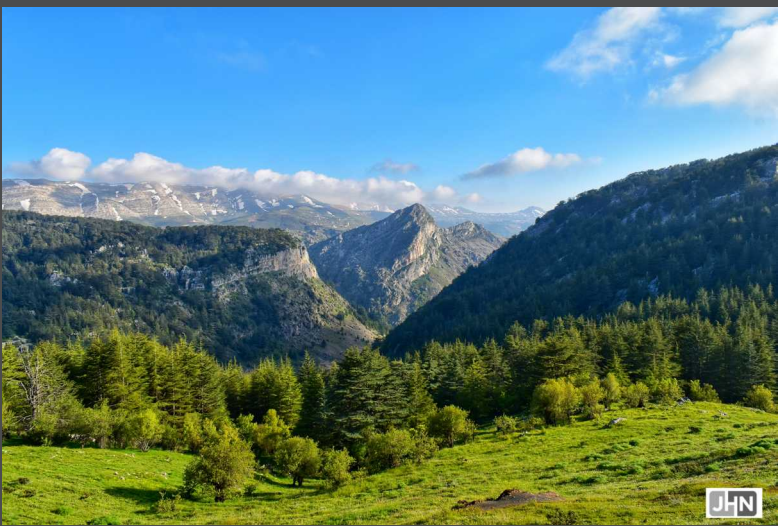
Milky Way Sagittarius arm Tannourine, by Rita Najm



Chahtoul, by Karim Bou Karim



Faqra Natural Bridge, by Sandra Baho



Tannourine Reserve, by Joe Nouhra



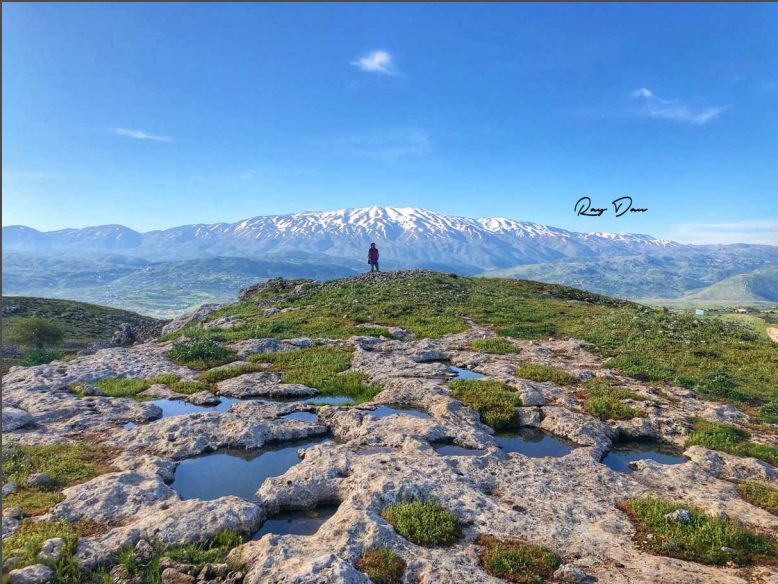
Milky Way Akoura, by Sary Asmar



Al Makmel above the clouds, by Mohamed Ezzedine



Ain Zhalta Shouf, by Roy Nader



Jabal el Sheikh from el Mheidsse, by Raydan Sharrouf



Mt Kneisse from Tarchich, by Abir Saab



Mount Sannine, by Mario Fares



Jabal el Sheikh & Qaraoun lake from Maaser Shouf, by Amal Abou Dehin



Mount Sannine north face as seen from Akoura, by Alexander Aref



Tannourine Fawqa, by Jihad Asmar



Chabrouh Dam, by Mira Sabbagh

THANK YOU

TO OUR CREATIVE DESIGNER

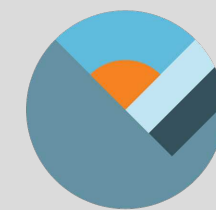


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Ammouaa, by Khaled Taleb



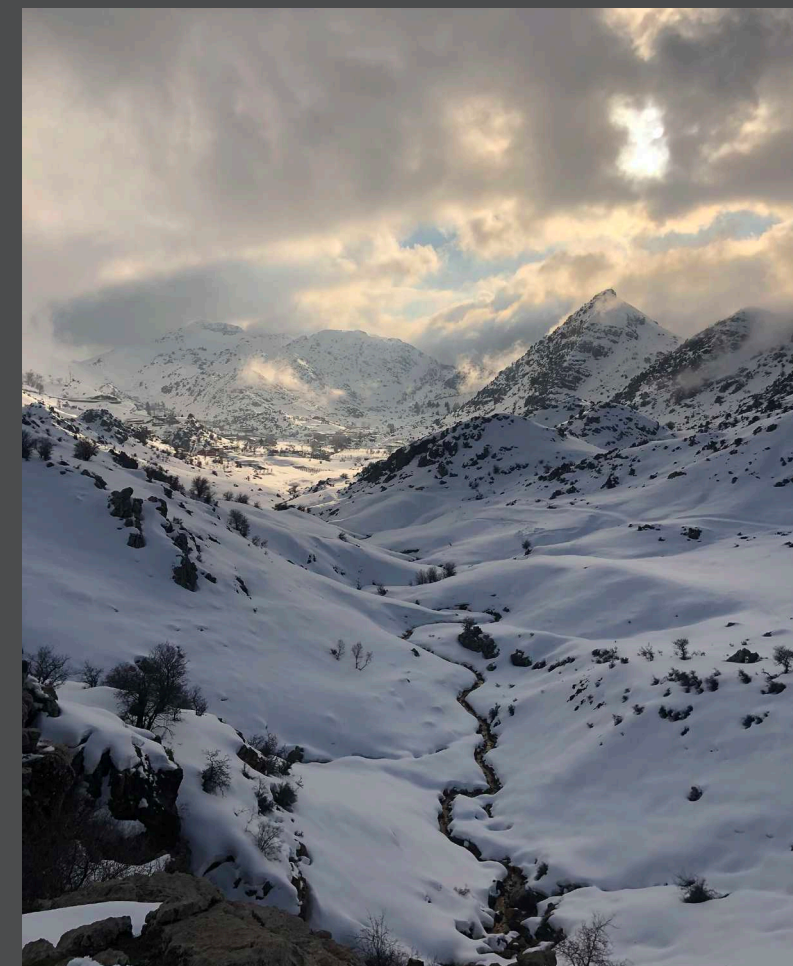
Al Makmel from Rabieht Ouyoun, by Rabih Masri



Camping - Bakish Forest, by Haigh Melikian



Chatine Tannourine, by Spyro Klitira



Qaraon lake from Saghbine, by Ali Daher

Ehmej, by Roy Wehbe

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