

# BEIRUT to BEIRUT (8 days) Lebanon Encounters



## COUNTRIES VISITED: LEBANON

### INCLUDES

- 5 nights in 3 to 4-star hotels in Beirut & Byblos
- 1 night in guesthouse/hotel in Zahle
- 1 night in monastery accommodation in Qadisha Valley
- 24-hour airport arrival & departure transfer service
- All transport and transfers in AC vehicles
- Entrance fees to sites visited
- All sightseeing tours as detailed in the itinerary
- Wine tasting in Ksara Caves
- English speaking guide for all tours
- Meals as indicated in the itinerary (7 breakfasts, 1 lunch)

### EXCLUDES

- International flights (available on request)
- Visa fees (free on arrival for most nationalities)
- Travel insurance (compulsory)

- Meals not indicated in the itinerary
- Hotel gala dinner supplements if applied on Christmas & New Year's Eve
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips
- Any other items not mentioned above

## TRIP ITINERARY

### DAYS 1 ARRIVE IN BEIRUT, TRANSFER TO HOTEL

Your tour starts with your arrival at Beirut International Airport. Our representative will meet you, and you will be transferred to your hotel. Overnight in Beirut.

Overnight: Beirut 4-star hotel

### DAYS 2 JEITA GROTTO, HARISSA CABLE CAR & BAATARA GORGE

After leaving Beirut and heading north towards Byblos, we'll experience a thrilling visit to the spectacular Jeita Grotto. Here a system of limestone caves spans a distance of almost 9 kilometres, and contains one of the largest collections of stalactites and stalagmites in the world. It is a symbol of the country and was a finalist in the New 7 Wonders of Nature competition. Depending on the water level you can explore both on foot and by boat.

Next, we visit Harissa, famous for containing an important Christian shrine dedicated to the Virgin Mary, known as Our Lady of Lebanon. We take a cable car to the top of the Basilica, from where we can enjoy a spectacular view of the Bay of Jounieh, considered one of the most beautiful bays in the Middle East.

Then, we'll head inland to visit the unique Baatara Gorge sinkhole, where during the spring and especially rainy periods a 255-metre waterfall cascades into an enormous cavern known as the Baatara Pothole. The cave is also called the Cave of the Three Bridges, for the three natural stone arches over which the waterfall drops. This is a spectacular natural phenomenon and we have time for a short hike here, and can also explore nearby Douma Village. A traditional Lebanese lunch is included today.

The day finishes with a short drive to the beautiful Qadisha Valley where we spend the night in the Monastery of St. Anthony, in a separate building with simple but comfortable en-suite accommodation (a nearby guesthouse will be used if the monastery is closed to visitors or unavailable).

*(Breakfast, Lunch)*

Overnight: Qadisha Valley monastery or guesthouse

### DAYS 3 QADISHA VALLEY, CEDARS SKI RESORT & BECHARRE

Those interested may rise early this morning to join morning prayers with the monks of the monastery. After breakfast, we have time to explore the Qadisha Valley, another UNESCO World Heritage Site. It is known as the Holy Valley, and the Holy River, Nahr Qadisha, flows through it. Many caves are found along its steep cliffs, used as shelters and burial sites in ancient times, and it's a great place for a short morning hike.

Our first stop after leaving the valley is the nearby village of Becharre, the birthplace of the iconic novelist and poet of Lebanon, Kahlil Gibran. The village contains a museum dedicated to him, featuring his paintings and manuscripts. Next, we stop at the Cedars Ski Resort, famous for skiing and snowboarding. The area known as the Cedars of God is found nearby, and contains the last remaining groves of the cedar forests that once thrived in the region. The famous cedar trees of Lebanon - Cedrus Libani- are mentioned in the Old Testament and are the national symbol of the country.

Later today we arrive in Byblos, an ancient Phoenician city that is thought to have been inhabited for up to 7000 years. Locally, the city is known as Jbeil and is another UNESCO World Heritage site. Byblos is

filled with significant historical and archaeological sites, and also features a lovely Phoenician harbour.

*(Breakfast)*

Overnight: Byblos 4-star hotel

## **DAYS 4 MORNING IN BYBLOS, KSARA WINERY**

We spend this morning exploring the harbour area and highlights of Byblos. Our destination today will be the village of Zahle, however we'll be making a stop along the way at the Ksara Winery which is possibly the oldest winery in Lebanon. The caves and tunnels have a total length of approximately 2 miles and have been unused for generations as wine cellars. You'll have a guided tour of the caves and winery before sampling (and buying if you wish) some of the produce in a wine tasting session.

*(Breakfast)*

Overnight: Zahle guesthouse

## **DAYS 5 EXPLORING BAALBEK AND ANJAR**

Today we head to Baalbek, a definite highlight of any visit to Lebanon. Called "Heliopolis" or "City of the Sun" by the Romans and Greeks, it is home to a famous temple complex that is superbly well-preserved. This complex, which is one of the finest examples of Roman architecture at its peak, was built as a sanctuary dedicated to worshipping the Heliopolitan triad of god- Jupiter, Venus, and Mercury. Pilgrims would flock to the temple in their thousands in order to venerate the triad. Still largely intact, the temple has outstanding artistic and historical value.

We then visit the Umayyad city of Anjar, located in the Bekaa Valley. Founded in the 8th century by Caliph Walid, it provides evidence of excellent town-planning and features mosques, palaces, and baths. It also features 600 shops, indicating that it was an important commercial centre.

In the afternoon we'll return to Beirut.

*(Breakfast)*

Overnight: Beirut 4-star hotel

## **DAYS 6 DEIR AL QAMAR, BEITEDDINE & BEIRUT CITY TOUR**

We leave Beirut after breakfast and we drive to the Chouf Mountains to visit the village of Deir al Qamar, its name meaning "Monastery of the Moon". The village is a UNESCO World Heritage Site and was the capital of Lebanon during the 17th century. It is quaint and charming, with stone houses and winding roads.

We then continue onto the beautiful Beiteddine Palace. The palace, constructed in the 19th century by Emir Bashir, is exceptionally well-preserved and is a testament to the opulence of the time.

Finally, we return to Beirut in the afternoon where we'll have time for a city tour. Lebanon's capital and largest city. It is one of the oldest cities in the world, and has had a turbulent history, both ancient and modern. This is evident in the contrast of modern buildings seen alongside small old houses and historical architecture, some still displaying bullet holes and damage from the civil war in the 1970s. Highlights visited include the Beirut Souks, the Corniche, and the downtown region. We will also see the Pigeon Grotto, or the Rock of Raouché, a famous natural formation rising out of the sea.

*(Breakfast)*

Overnight: Beirut 4-star hotel

## DAYS 7 TYRE & SIDON

Today we tour the south of Lebanon. We begin by visiting Tyre, also known as Sour in Arabic. It is more than 4,000 years old and was a great ancient Phoenician city. Tyre is filled with important historical landmarks and is currently a UNESCO World Heritage Site.

Our next destination is Sidon, or Saida, also an ancient Phoenician city, possibly the oldest. The city became wealthy due its excellent production of glass, as well as a purple dye extracted from murex, a type of shellfish. It is now a fast-growing city, and important both administratively and commercially.

In Saida, we will visit the Crusader Sea Castle, the great Mosque, Khan el Franj, and other interesting sites. You will also get the chance to stroll through the old souks. Overnight in Beirut.

*(Breakfast)*

Overnight: Beirut 4-star hotel

## DAYS 8 BEIRUT FREE TIME. DEPARTURE AIRPORT TRANSFER

Today is the last day of the tour and your time is free to explore Beirut some more until you are transferred to the airport for your departing flight home.

*(Breakfast)*

Overnight: N/A

## ESSENTIAL INFORMATION ABOUT YOUR TRIP

### ARRIVAL & ACCOMMODATION

**Trip Joining Point:** Gems Hotel, Beirut

**Start Time Day 1:** You can arrive into Beirut at any time on day 1 - hotel check-in is from 2pm.

**Address:** Maqdissi Street, Hamra District, Beirut, Lebanon

**Website:** <https://gemshotel.com.lb/>

**\*Please note that the above hotel is subject to change, we will confirm the final tour starting point approximately 2 weeks prior to departure.**

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single	£65.00	Per Room, En-suite
Double/Twin	£70.00	Per Room, En-suite

**The trip starts in Beirut on day 1. Day 1 is set aside for arrivals and you can arrive at any time on day 1. The hotel check-in time is from 2pm onwards.**

### PRE-TRIP ACCOMMODATION:

You can pre-book accommodation and your included airport transfers through us. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 3 weeks prior to departure. If you have booked through a travel agent, please contact them to request pre-trip accommodation and airport transfers.

Where extra nights are required, your airport transfer is only included on your pre/post-tour day if the extra night is also booked with Oasis Overland.

Double, twin, and triple rooms will be provided subject to availability, where requested. However when not available we may need to book other rooming arrangements, and will fit these as closely as possible to your request. Those travelling solo will be put in shared rooms to reduce the costs to them if this option is available, where a same sex room share cannot be arranged, the single room supplement will be payable.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 2pm).

### **AIRPORT TRANSFERS:**

**Airport Arrival and Departure Transfers are included** in the cost of your adventure (provided you request these via the UK office or your account 3 weeks before your departure).

You will be met on your arrival in the arrivals hall of Beirut airport after you have passed through immigration and collected your luggage. Our driver will be holding an Encounters Travel signboard or have your name(s) displayed. Please look out for them and introduce yourself. They will then transfer you to your hotel and assist you to check in. Please call the number above if you do not find them straight away. Your tour guide will not join you on the airport transfer, however he/she will contact you to advise pickup times for your sightseeing once you reach your accommodation.

### **POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS**

Post-trip accommodation can be requested and booked by the Oasis Office before your trip commences, please email [info@oasisoverland.co.uk](mailto:info@oasisoverland.co.uk). Airport transfers are included on the final day of your tour or on post-tour days if your accommodation is also booked via Oasis Overland.

### **FLIGHT INFORMATION**

Day 1 in your departure city, is an arrivals day. For your convenience we would advise that you arrive at the latest, on the afternoon of this day, though as no activities are planned for this day, you can arrive at any time. You may wish to allow some extra time to explore your arrival and departure cities.

Departing flights: You can leave Amman at any time on the final day of your tour.

There are many online flight search engines such as [www.skyscanner.net](http://www.skyscanner.net) or [www.ebookers.co.uk](http://www.ebookers.co.uk) flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

**One way ticket:** If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

### **PASSPORTS**

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

## VISAS

### Lebanon

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

For many nationalities visiting Lebanon a visa on arrival is possible at Beirut International Airport. This applies to most countries of the Commonwealth, European Union, Russia, Japan and the US continent. Even if you are eligible for a visa on arrival, it is prudent to check up to date requirements with your nearest Lebanese consulate.

Other nationalities may require a visa prior to arrival and to obtain this in advance, please contact your local Lebanese embassy or consulate or a visa agency for details

**IMPORTANT:** The Government of Lebanon denies entry to Israeli passport holders, Israeli visa holders (valid or expired) and those with any evidence of travel to Israel within their passport.

## VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk). Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Health** - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto [www.nathnac.org/travel/](http://www.nathnac.org/travel/)

## TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in [My Oasis Account](#) if you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.



For further information on the insurance we offer, the activities covered and costs, check out the [Travel Insurance](#) section of our website. You can purchase our insurance by logging into [My Oasis Account](#) and click 'Buy Insurance' or through the following [link](#).

## **MONEY, BUDGETS AND LP**

### **Spending Money**

From past trips and travellers feedback £20 to £30 per day per person, should cover costs such as meals not included, soft drinks and beers, email & communications, souvenirs and other general spending. Personal spending habits & budgets differ greatly from person to person. Budget on optional activities separately (see optional excursions page). Please bring cash in Euros / GBP£ / US\$ to exchange once in Jordanian Dinar or use the ATM's in the main cities.

### **Changing money**

Change your money only at banks, hotels, airports or forex bureaus. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your crew will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

### **Credit & Debit Cards**

A combination of several types are suggested as not all types are accepted in all places. Visa & Maestro are best, MasterCard has limited access through parts of Jordan, but is generally accepted in ATMs. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked. Please see the optional excursions page for activities that can be paid for using a Credit or Debit Card. Commission rates vary between 2 to 5%.

### **Pre-Paid Travel Currency Cards**

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip and easier to use than travellers cheques, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision.

### **ATMs**

These are available in most major cities along our route and allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/ swallowed, or the machine isn't working. Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

### **Tipping**

Tipping is common practice in Lebanon, as a sign of appreciation for services provided. You may therefore wish to tip your guide and driver at the end of the tour. You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. GBP 5 / USD 8 per person per day would be appropriate.

## **ENTRANCE FEES**

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. If you visit any sites not mentioned in the itinerary then you will need to cover the entrance fee costs.

## WHAT TO TAKE

### Equipment

- Small day-pack or small bag to carry daily items
- Soft rucksack, holdall or suitcase
- Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)

### Toiletries - Most available to buy on trip

- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses
- Tampons (can buy in most places)
- Contraception

### Clothes

- One pair of trainers or boots
- Sandals/flip flops/jandals/thongs
- Underwear/socks
- T shirts/shirts
- Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket

### Personal Effects

- Camera with protective case, spare batteries, film/memory card
- Torch and spare batteries (head torch is best)
- Travel adaptor plug/charger (for cameras and mobile phone batteries)
- Money belt
- Personal stereo - iPod/MP3 etc
- Towel and/or sarong

### Recommended Medical Kit List

- Antiseptic ointment/Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Eye-drops/bath
- Anti-
- Insect repellent containing Deet
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery
- We advise you to bring a small personal medical kit for general everyday use, as well as any personal over-the-counter medicines that you may wish to keep with you. Our guides are familiar with the nearest pharmacies, doctors and hospitals throughout the trip if you need to seek medical attention. It will be your own responsibility to carry your medical kit on included excursions and optional activities as some local operators may not have medical kits to hand.



diarrhoea

treatment

- A couple of bandages (elasticated & triangular)
- Medication for personal allergies/ asthma etc

## PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

**Cameras (incl. Digital & Video Cameras)** - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

**Photography** - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

**Drones** - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

**Electrical charging & power supply** - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto [www.whatplug.net](http://www.whatplug.net) for information regarding the different electrical plugs and voltage used in each country.

## CONTACTING HOME

The internet and WiFi are available in many towns / cities you will visit. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos / videos. During periods of the trip where we are wild camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards or E-Sim in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

**Online Diaries** - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

## RESPONSIBLE TRAVEL

### Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non

existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.

- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- **Water-to-Go:** Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. [Click here](#) and enter the code OASIS25 to purchase your Water-to-Go products at 25% discount.

## While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money!
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near, (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)

## SECURITY

The UK Foreign, Commonwealth and Development Office (FCDO) offer country-specific advice, regarding

not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCDO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

**In cities** - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

## WHAT TO EXPECT

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### LIFE ON THE ROAD

You will be travelling within a group size ranging from 2-18 people, so come with an open mind and ready to make new friends! You will be accompanied on your adventure with an experienced Local English speaking guide. They are knowledgeable and passionate about the history and culture of Lebanon.

### Accommodation & Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. Our routes in Lebanon and the small distances involved mean that we use private vehicles throughout this tour. Vehicles will be selected to be comfortable for the number of travellers in the group.

### Vegetarians / Vegans / Coeliac / Gluten & Lactose intolerance

Our Tour Guides will always do their best to cater for any dietary requirement or intolerance whenever possible. However we don't cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you. Remember that when eating out in local restaurants & hotels sometimes being vegetarian or food allergies / intolerances are still not widely known about or understood by many local people. i.e. Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

### Ramadan

Ramadan is the holy Islamic month during which Muslims fast during the day and is based on Lunar months. No food or liquid is allowed to pass a person's lips during daylight hours. Tourists are not expected to fast during this time, but are expected to show respect, by not eating on the streets or in public view etc. Be aware some shops and historical sites may adjust opening times, but this should not significantly affect our itinerary. Hotels and western style pubs we use normally continue to sell alcohol during Ramadan, but general availability may be limited.

People in some regions are generally conservative, especially about matters concerning sex and women. Muslim countries simply are not the place to make a feminist statement. Attitudes range from fairly liberal to fairly conservative in some of the small towns we may pass through. If you are not prepared to fit in with the social code of the area you may be harassed.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

**Notes downloaded on:** 17-06-2025

