

LEBANESE Mountain Day 2026

OUR **MOUNTAINS**, OUR **HERITAGE**, OUR **FUTURE**



PARTICIPANT KIT LIST

Check the full program on ua.edu.lb

Lebanese Mountain Day 2026

📅 October 9, 10, and 11, 2026 📍 Ehden

PARTICIPANT KIT LIST

DAY 1 | DISCOVER THE MOUNTAIN

Night Hike and Stargazing

DATE
Friday, October 9, 2026

TIME
7:00 PM | Registration
7:30–9:30 PM | Hike

MEETING POINT
Ehden Nature Reserve,
Ain Al Bayada Gate

Walk through the reserve after dark to the Cross region, then stop for stargazing. It gets cold at altitude after sunset, so dress warmly and pack light.

LIGHT

- **Headlamp with a red-light mode:** to keep your hands free and protect night vision
- **Spare batteries** and/or a charged power bank

CARRY

- **Small backpack**
- **Water (1L)** and a light snack
- **Charged phone, ID,** and personal medication

CLOTHING

- **Warm layers:** thermal top, plus a fleece or down jacket
- **Windproof jacket**
- **Beanie and gloves**
- **Long pants**
- **Hiking shoes with good grip:** the trail is rocky and uneven

NICE TO HAVE

- Insulated bottle (thermos) with a hot drink
- Mat or blanket to lie on while stargazing
- Binoculars

GOOD TO KNOW

During stargazing, use red light only.

Please keep white-light flashlights and phone screens off.

Stay with the group and follow the guides on the trail.

After the hike, join us for Local Gastronomy at Al Midan at 10:00 PM, and enjoy some Sahlab.

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DAY 2 | MOVE IN THE MOUNTAIN

Biking and Hiking in Ehden

DATE

Saturday, October 10, 2026

TIME

Afternoon · trails depart
at 3:30 PM

MEETING POINT

Al Koubra Palace

Ehden Trails and Tales: Discover the mountain and ride its stories. The afternoon combines biking and hiking around Ehden, so dress for both and expect strong sun followed by a cool evening.

BIKING

- ☐ **Helmet:** mandatory for biking
- ☐ **Closed-toe sports or trail shoes** suitable for both biking and hiking

CARRY

- ☐ **Small backpack**
- ☐ **Water (1.5L):** bottle or hydration pack
- ☐ **Energy snacks:** fruit, bars, and nuts
- ☐ **Sunscreen** (SPF 30+)
- ☐ **Charged phone, ID,** and personal medication

CLOTHING

- ☐ **Breathable sportswear**
- ☐ **Light windbreaker** for the cooler evening
- ☐ **Cap and sunglasses:** strong sun at altitude

NICE TO HAVE

- ☐ Cycling gloves
- ☐ Personal bike and repair kit (spare tube, pump, and multitool)

GOOD TO KNOW

Please arrive at Al Koubra shortly before 3:30 PM for departure.
Let the organizers know in advance if you need a bike.