

ABOUT US

The Association for the Protection of Jabal Moussa (APJM) is a non-governmental, not-for-profit organization established in 2007 for the conservation of biodiversity and preservation of the cultural heritage in Jabal Moussa mountain and surrounding villages. Our aim is to achieve sustainable development with the participation of local communities.

Objectives

- Protect and conserve the rich biodiversity of Jabal Moussa
- Revive and preserve the cultural and archaeological heritage of Jabal Moussa
- Support local socio-economic activities for sustainable rural development
- Promote environmental awareness and education
- Build the capacities of local people to engage in ecotourism and sustainably manage natural resources

ABOUT JABAL MOUSSA BIOSPHERE RESERVE

Jabal Moussa Biosphere Reserve is located in the Kesrouan District, 45 kilometers from the capital Beirut. It covers an area of 6500 hectares at an altitude ranging between 350 meters in the West and 1700 meters in the East. The main villages are Qehmez, Nahr Ed-Dahab, Yahchouch, Ghbaleh, Ain el Delbeh, Al libre, and Chouwan.

Jabal Moussa and surrounding villages became part of the UNESCO Network of Biosphere Reserves under the Man And Biosphere (MAB) program in May 2009, becoming the 3rd Biosphere Reserve in Lebanon and the 24th in the Arab world. In 2012, Jabal Moussa received the designation of a "Protected Natural Site" under the protection of the Ministry of Environment.

The Jabal Moussa Biosphere Reserve presents a rich diversity of flora and fauna. At least 727 flora species are found in the reserve, out of which 114 medicinal plants, 26 species are endemic to Lebanon, and 6 flowers are endemic to Jabal Moussa Biosphere Reserve, including: *Cyclamen libanoticum*, *Rosularia Kesrouanensis*, *Alkanna leiocarpa*, *Pentapera sicula libanotica*, *Vicia narbonensis libani*, *Salvia peyronii*.

The Jabal Moussa Biosphere Reserve is a Global Important Bird Area (IBA) as per BirdLife International criteria, and presents a variety of migratory and soaring birds which appear depending on the seasons, as well as numerous breeding species and winter visitors. Given the difficulty of access to humans, Jabal Moussa constitutes a peaceful home to more than 24 mammal species including Squirrels, Wolves, Hyenas, Hyraxes and many other animals of local and global conservation value.

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A WALK THROUGH THE MOUNTAIN

JABAL MOUSSA UNESCO BIOSPHERE RESERVE ECOTOURISM GUIDE

JABAL MOUSSA

For some exciting hikes filled with beauty and serenity, come visit Jabal Moussa Biosphere Reserve. Walk, along with our dedicated guides, on several wondrous trails. Plant a tree, purchase "Jabal Moussa" food and handicraft products, enjoy a traditional lunch at our guesthouses and stay overnight at our Bed & Breakfasts.

Kindly inform us in advance if you have a health condition or if a visitor is less than 12 years old.

Call us on: **09-643464** or **71-944405** or E-mail us at: info@jabalmoussa.org

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Design: scope ateliers, 2022 | Photo credit: Jy-Bobis-Vohanna

SOME HERITAGE SITES, FAUNA & FLORA INFORMATION

ROCK HYRAX

Rock Hyraxes are small mammals that live in groups of up to 70 individuals headed by an adult male. They are spread from South Africa in the South, to Lebanon, their northernmost limit. The rock formations on the slopes of Jabal Moussa offer a shelter to significant populations of hyraxes.



WOLF

The wolf is a species that chooses primarily remote areas as its habitats. These include forests and scrubland like in Jabal Moussa where it can hunt and scavenge during the night. This predator has an important ecological role for the balance of species within the ecosystem. In Lebanon it is highly endangered.



THREE-LOBED APPLE

This apple species is called the Three-lobed Apple because of the shape of its leaves. It occurs typically in higher altitudes, but is occasionally found in Jabal Moussa. This wild apple species is regionally endemic, and is severely endangered, hence the increased importance of conserving it in the reserve of Jabal Moussa.



KESROUAN PEONY

The family is named after Paeon, the Greek physician reputed for being the first to use plants as medicine. *Paeonia Kesrouanensis* is endemic to Lebanon, Syria and Turkey, and is widespread in Kesrouan as indicated by its name.



LEBANON CYCLAMEN

Described as "semi-legendary" by the botanist "Mouterde", the Lebanese cyclamen is endemic to Jabal Moussa and its surroundings. It can be distinguished from its relative, the widespread *Cyclamen Persicum*, by the dark pink spot at the base of its petals in the form of an inverted anchor, as well as its heart-shaped leaves.



visitors and respect of the following guidelines

YES

to prevent erosion and destruction of biodiversity habitats

STAY NEAR THE GUIDE

for security and guidance

KEEP NATURE CLEAN

avoiding pollution and introduction of harmful substances

KEEP RELATIVELY QUIET

as loud noise disturbs mammals and birds

RESPECT INSTRUCTIONS

to help park rangers protect the environment

ENJOY THE SCENERY AND TAKE PICTURES

NO

HUNTING

birds and mammals are important to maintain the ecosystem's balance

FLOWERS AND PLANTS PICKING

they are vital to the forests' health and some species are rare or endangered

SMOKING OR FIRE LIGHTING

fire can expand quickly and cause massive damage

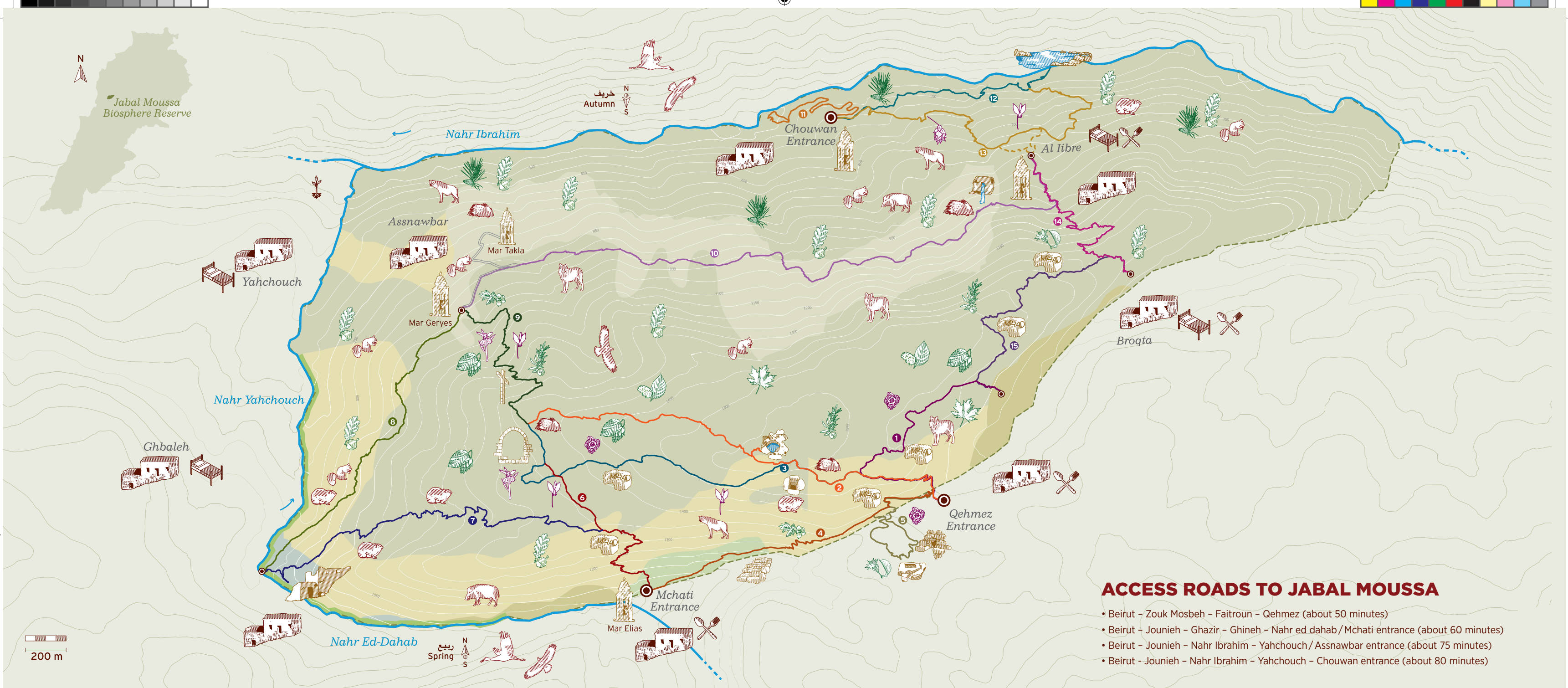
PETS

they can transfer diseases and interfere with the balance of the ecosystem

CAMPING

prolonged human stay in the wilderness can affect animals' behaviors and well-being

DOS AND DON'TS



ACCESS ROADS TO JABAL MOUSSA

- Beirut – Zouk Mosbeh – Faitroun – Qehmez (about 50 minutes)
- Beirut – Jounieh – Ghazir – Ghineh – Nahr ed dahab / Mchati entrance (about 60 minutes)
- Beirut – Jounieh – Nahr Ibrahim – Yahchouch / Assnawbar entrance (about 75 minutes)
- Beirut – Jounieh – Nahr Ibrahim – Yahchouch – Chouwan entrance (about 80 minutes)

مفتاح الخريطة Map Legend	علامات المسارات Trail Marks	الغطاء النباتي Vegetation Cover	Fauna	حيوانات	Flora	نبات	Heritage & Natural Sites	مواقع تراثية و طبيعية	Trails	مسارات
<ul style="list-style-type: none"> مدخل الموقع Site Entrance حدود الموقع Site Limit نهر River طريق Road هجرة الطيور Birds' Migration مشتل Tree Nursery بيت ضيافة Bed & Breakfast مائدة ضيافة Lunch Guesthouse قرية Village 	<ul style="list-style-type: none"> إلى الأمام Go Straight إلى اليسار Go Left إلى اليمين Go Right بداية / نهاية المسار Beginning / End of Trail إتجاه خاطئ Wrong Way 	<ul style="list-style-type: none"> أراض عشبية Grasslands غابة غير كثيفة Open Forest أراض نهريّة Riparian Land غابة كثيفة Dense Forest أراض زراعية Agricultural Land جلول مهجورة Abandoned Terraces دغل متوسطي Guarrigue 	<ul style="list-style-type: none"> ذئب Wolf خنزير بريّ Wild Boar طيسون Hyrax طيور جارحة Raptors ضبع Hyena نيص Porcupine سنجاب Squirrel طيور مهاجرة Migratory Birds 	<ul style="list-style-type: none"> سنديان Kermes Oak دفران Syrian Juniper تفاح بريّ Three-Lobed Apple قيقب طوروس Taurus Maple صنوبر بروتّي Calabrian Pine دردار مزهرّ Manna Ash ودح كسروان Kesrouan Peony سحلبية Orchid شرك Hop-Hornbeam بان (حوز) Storax مردقوش لبناني Lebanon Marjoram بخور مريم لبنان Lebanon Cyclamen 	<ul style="list-style-type: none"> نقوش هادريانوس Hadrian Inscriptions بئر المسبك Bir El Masbek (Cistern) موقع ديني Religious Site قرنة المزار Qornet El Mzar درج روماني Roman Stairs أتون Limestone Kiln نبع الأفاي Nabee El Afaai (Spring) قرنة الدير Qornet El Deir موقع الصليب The Cross site البيوت Old Houses (El-Byut) بيت نهر الذهب Nahr Ed Dahab House بحيرة شوانّ Chouwan Lake 	<ul style="list-style-type: none"> مسار كفّ الدبّ Peony Trail منحدر هادريانوس Hadrian's Incline Trail مسار شوانّ الثقافيّ Chouwan Cultural Trail مسار قرنة المزار Qornet El Mzar Trail مسار القرنة الرومانيّ The Roman Stairs مسار العذر Cerris Trail مسار البحيرة Lake Trail تجول البيوت El-Byut Stroll ملقى الرعيان Shepherds Encounter Trail مسار القطب Arbutus Trail الدرج الرومانيّ The Roman Stairs مسار الشركّ Charme Houblon Trail ساحوب أدونيس Adonis Gorge Trail حديقة قرنة الدير Qornet El Deir Loop مسار الجلسة El-Jalsea Trail مسار البنفسج Violets Trail 	<p>Notes on Trails</p> <p>Level of trails depends on choice of the starting point and trails combination. Hikes should start and end at site entrances. Distances are one-way</p>	<p>ملاحظات عن المسارات</p> <p>يعتمد مستوى المسارات على كيفية ربط المسارات ونقطة البداية. يجب أن تبدأ المسارات وتنتهي عند إحدى مداخل الموقع المسارات المذكورة هي باتجاه واحد</p>		