



Taste of Lebanon: 8 days
7 nights



Summary

Discover Lebanon's Culinary aspect with this fantastic Culinary Travel Program, where culture, history and cuisine all combine to create a truly mesmerizing culinary travel experience.

Overview

Interest: couples — family — group

Level of Comfort: 3/5

Minimum # of passengers: None

Maximum # of passengers: None

Wild Discovery Advantages

- A proven expertise in organizing successful holidays
- Experienced and knowledgeable staff
- High quality service & strong commitment to customer satisfaction
- Permanent assistance from Wild Discovery Head Office at any moment
- Attention to details that make the difference

Information about the destination

- **Language:** English, French and Arabic.
- **Dialing Code:** +961

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DAY 1: ARRIVAL

Meet & assist at the airport by our guide (Arrival Hall). Transfer to the hotel. Check in. Overnight in Beirut.

DAY 2: BEIRUT CITY TOUR

Start the day by tasting the Delicious typical Lebanese breakfast Mankouche. A classic pancake which is crispy on the outside, slightly soft on the inside and seasoned with a mixture of aromatic spices: zaatar (thyme, sumac and sesame seeds) or melted akkaoui cheese or Kichek (a fermented and dried mixture of yogurt extracted from goat's milk and cracked wheat). Morning walk by the sea in the chic bay of Zaitunay in Beirut. Departure to visit of the capital "Beirut", home of the first law school in the world, dating back to the Phoenician Era. Visit of the National Museum of Beirut, the principal museum of archeology in Lebanon. The museum has collections totaling about 100,000 objects, most of which are antiquities and medieval finds from excavations undertaken by the Directorate General of Antiquities. Photo Stop at Pigeons Rock, then take the corniche to the downtown, home to several Roman Ruin sites that have been discovered and preserved; several notable mosques and churches and the National Parliament building.

"The Roman baths" are located just west of the central district of Beirut, under the Grand Serail. Walk around "La Place de l' Etoile", the clock tower, the martyrs square and the Dome of Beirut. Proceed to visit Beirut souks.

Buffet lunch at Tawlet restaurant. The concept of Tawlet is unique: It gives local producers and chefs from different regions of Lebanon the chance to prepare dishes from their region of origin. A real delight, which allows you to taste authentic and generous cuisine.

Visit of the MIM Museum which is considered today as one of the most important private collections in the world for the variety and quality of its minerals. The museum offers a total of 1480 minerals (300 species) from 60 different countries, on 1300 m² (14,000 square feet) of 9 galleries. Its mission is to promote the historical, industrial and economic but also aesthetic aspects of mineralogy hitherto unknown in the world of museums, both in Lebanon and in the Middle East. Visit the best ice cream shop in Beirut, Hanna Mitri, one of the artisanal ice cream parlors that has always remained open, even under the bombs. One of the last places where Arabic ice cream is still old fashioned. Handmade daily with natural products and fresh fruits. Hanna Mitri and his wife are the sole custodians of the secret recipe and offer their customers unique flavors such as rose water, Apricot, Blackberries, Melon etc...

At 6h00 pm proceed to a cooking class followed by a dinner. It is adapted according to the season of the plants / products available.

Return to the hotel and overnight.

(The National museum closes on Mondays)

DAY 3: BEIRUT-TRIPOLI-BATROUN-BEIRUT

Start the day with a traditional Lebanese breakfast

Fatteh (chickpeas cooked with yoghurt, bread, cumin and pine nuts)

Foul (Beans with Garlic and Lemon)

Balila (chickpeas seasoned with lemon juice, olive oil and cumin)

Msabbah (healthy mix of Balila with tahini)

All served with Lebanese Pita bread and vegetables.

Do not forget to enjoy the Debs after your meal: mixture of date syrup and tahini

Continuation to Tripoli, 2nd capital of Lebanon and the capital of the North.

Stop at the Al Hallab & Sons pastry shop, the Palace of Sweets, a benchmark in Lebanese pastry.

Visit to the pastry shop that has been open since 1881. The Hallab family is one of the first families established in this industry, in the city of Tripoli, the city that has always been known for its tradition, historical sites and excellence in the manufacture of oriental Sweets. Knefe is one of the best-known Lebanese desserts. taste Halewet El Jeben, Ma'amul, Znoud El Sit, Baklava and Mafrukeh.

Proceed to the visit of Tripoli which conceal innumerable vestiges among which about forty monuments dating for the most part from the 14th century BC. J-C. and found in the souks of the city: Mosques, madrasas (Koranic schools), caravanserais and Hammams (Public

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Baths). Visit of Khan El Kayyatin (the tailors), Souk Al Sagha (Gold Market), Souk Al Attareen (Spice Market), The Great Al-Mansouri Mosque and the Hammam Izz Ed-Dine.

Tripoli is also known "TARABOULOS EL FAYHAA", (Tripoli the fragrant city). It was once known for its vast orchards of orange trees. During the blooming season, the pollen from orange blossoms was said to be carried on the air, creating a magnificent fragrance that filled the city and the suburbs. Continuation to Batroun for lunch where you will taste the most delicious seafood. In the afternoon, taste the real natural lemonade with lemon of Batroun

Return to the hotel and overnight.

(Souks are closed on Fridays & National Holidays)

DAY 4: BYBLOS-BEIRUT

Breakfast at the hotel. Departure to visit Byblos the oldest continuously inhabited town built upon multiple layers of ruins. Visit the Byblos Castle Modern scholars believe the site of Byblos dates back at least 7,000 years (5,000-4,000 BC). Byblos has extensive archaeological ruins which have been designated as a UNESCO World Heritage site. The ruins range from Stone Age huts to a Roman theatre to a Persian fortress and an impressive Crusader castle & the Roman amphitheater. Proceed for fish lunch at a traditional Lebanese restaurant facing the port of Byblos where you can taste many kinds of Lebanese appetizers, the grilled and fried Mediterranean fish in the Lebanese way with a Lebanese white wine. At the afternoon walk in the old souks of Byblos to visit St John the Baptist church and explore the old souks (markets), the fossil museum & the medieval ramparts. Afternoon coffee at E café in the souks of old Byblos. Return to the hotel for rest.

During the evening, visit Bouj Hammoud, a district of Beirut, considered the stronghold of the Armenian community in Lebanon. A city with a unique character and flair and probably the only authentic destination in Beirut, where Armenians have worked so hard to preserve their customs and traditions for centuries. Dinner in one of the famous bakeries. Taste the "Lahem bajeen" which consists of finely minced meat mixed with onions, garlic, tomatoes and spices spread on a very thin pizza like dough and cooked in an open oven. If you like spicy food, be sure to try sojouk and basterma. They are enjoyed with tomatoes, pickles and Yogurt. Return to the hotel and overnight.

DAY 5: BEIRUT-BASTA-SARAFAND- GHAZIYEH-SIDON-BEIRUT

Start the day with Mfata'a dessert (A rice, Tahini and turmeric pudding that is unique and rare these days). Consumed widely in the 1800s and early 1900 s, this dessert became hard to find, only one family "Makari" kept this tradition. Makari opens his shop at 8 a.m. and makes up to four batches of mfata'a, or 100 plates, a day. It doesn't close until its last orders are taken, usually around 6 pm. Then enjoy a delicious Lebanese breakfast, Kaak-shaped like a purse this sesame studded flatbread is the ultimate on-the-go snack, with a baked handle for optimal portability. Very popular in Lebanon, it is eaten plain or spread with soft and creamy cheese or sprinkled with za'atar. On the way to Sarafand, stop in Sidon to taste the local sweet specialty like senioura.

Arrive to Sarafand and visit the blow glass craft workshop of "Khalifey". Stop in Ghaziyeh for lunch of grilled chicken. Proceed to Sidon for the visit of the city which was founded by the Phoenicians, is protected by Le Château de la Mer, a fortress built by the Crusaders. You will also visit the Audi Soap Museum, the souks, the great caravanserai, known as Khan el-Franj (Hotel des Francs) and the Debbane Palace. Taste the famous Sahlab: a popular drink in Lebanon. Return to Beirut. In the evening, visit a Lebanese house in Beirut and dine with the owners a Lebanese specialty prepared by themselves.

Then departure for the discovery of the Gemmayze street; The artistic bohemian district of Beirut, an old quarter full of narrow streets and beautiful historic buildings from the French era. It is well known for its trendy bars and pubs, cafes, restaurants and lounges; a great place to relax and have a drink. Return to the hotel in Beirut and overnight.

(Souks are closed on Fridays & National Holidays)

DAY 6: BEIRUT-DERI EL QAMAR-BEITEDDINE-BEIRUT

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Breakfast at the hotel. Departure to visit The Chouf region. Visit the Beiteddine Palace (meaning “house of faith”). Beiteddine is a palace built at the beginning of the 19th century, by Emir Bechir Chehab II, on a rocky spur dominating a steep, precipitous valley. A perfect example of classic Lebanese architecture of the time, it has decorated ceilings, colorful marble mosaic floors, luxurious Turkish Baths and harem suites, in a setting of beautifully groomed gardens, a guest house in which the French Poet "Lamartine" once dwelt, water jets and colonnades. The palace remained the emir's residence until his forced exile in 1840, when the Ottomans used it as the government residence. It was declared a historic monument in 1934, and then began a restoration process. Since 1943, it has been the summer home of the president. Visit of Deir el Qamar, famous for its palaces which display the ancient Lebanese style in architecture. This town is known as the Capital of Emirs. It has been the capital of Mount Lebanon for almost two hundred years (from the 16th century until the 18th century). All religious denominations existed in the town before 1860. This is why you can find a mosque, a synagogue, and many Christian churches. The most important site in Deir El Qamar is Saydet El Talle (Our Lady of the Hill), a Maronite Church that goes back to the 15th century. Proceed for Traditional Lebanese lunch at a local restaurant in the region to taste the Lebanese food of the mountain.

Stop for a coffee in Deir El Qamar, return to the hotel for relax and then departure for a cooking class in Beirut. Return to the hotel and overnight.

(Beiteddine Palace is closed on Mondays & National Holidays)

DAY 7: BEIRUT-TAANAYEL-BAALBECK-ZAHLE-BEIRUT

Departure from the hotel to the Beqaa region, Arrival to Taanayel for a traditional Lebanese breakfast by tasting the Awarma, Creamy Labne, olive oil, Cheese and end it with the Arishe and Honey. Proceed to the famrs of Taanayel which has now become a large agricultural region rich in vineyards and orchards of fruit trees of all kinds, peaches, apples, cherries and pears.

Continue to Baalbeck (city of Baal). The acropolis, famous all over the world, was built by the Romans in homage to the Sun god (Baal). Dominating the Beqaa plain with their gigantic proportions, they are the culmination of an imperial project that testifies to Roman will, wealth and power. They also denote a strong local Semitic influence in their plan as well as in their general economy. Besides, the triad of Jupiter Venus and Mercury which was adored there, had been grafted onto an ancient local triad. Typical lunch in Baalbeck, taste the "Sfiha", a local specialty - a kind of small pizzas with minced and spiced lamb meat, can be eaten with lemon or laban Ayran (yogurt mixed with salt).

Continuation for a wine tasting by visiting Ksara winery. Return to for rest. In the evening departure for Lebanese Traditional dinner with entertainment (Oud Player). Return to the hotel and overnight.

DAY 8: DEPARTURE

Breakfast at the hotel, Transfer to the airport with assistance for departure

This is a product sheet elaborated in order to give you a quick overview of our package with details pertaining to hotels, flights and proposed tours. This is not a tailor made quotation and should you wish to have specific details reviewed to better suits your need please do not hesitate to contact one of our travel consultants or visit one of our branches.

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