

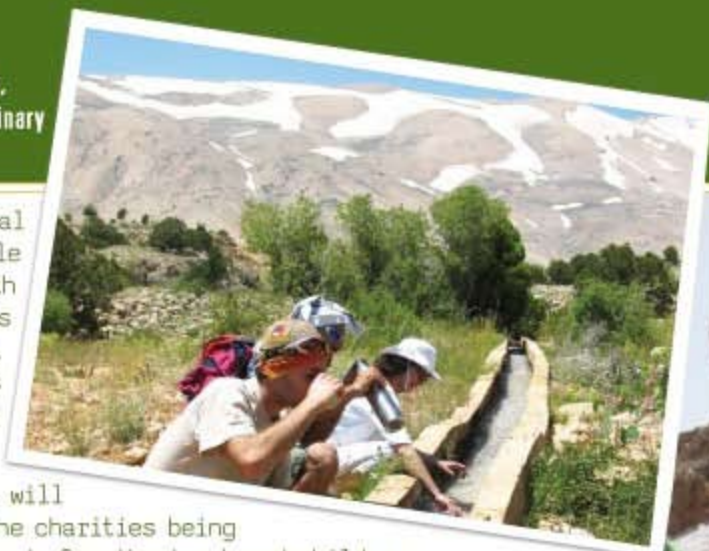
# Lebanon Mountain Eco-Trail

Join us between 7 and 14 May, 2010 to discover Lebanon's remote natural beauty, connect with her warm and friendly people and experience age-old culture and culinary delights on the first long-distance hiking trail in Lebanon!

Determined to conserve their unique natural and cultural heritage through environmentally and socially responsible ecotourism, the mountain communities created this trail with sweeping vistas of snow-capped mountains, deep lush valleys and the sparkling Mediterranean; remote villages, literature, nature reserves, castles, palaces, monasteries and Roman/ Medieval/ Ottoman remains...chances are you'll want to return again and again!

Offering another chance to get to know the local people, you will stay in homestays, lodges and small local hotels and visit the charities being supported with your funds to see the wonderful work that they do for disadvantaged children in Lebanon.

Trekking 117 km in 5 days, this will be a hard test of your fitness, requiring stamina and perseverance to complete long-distance treks each day. No previous experience is necessary and free training sessions will be provided.



## GIVING KIDS A CHANCE AROUND THE WORLD

**Registration Fee:** (non-refundable) AED 1,850

**Minimum Fundraising Target:** AED 12,000 (includes flights, accommodation, food and water)

**Charity:** Funds raised will help the Palestine Children's Relief Fund to provide emergency dental equipment and an x-ray machine for use in refugee camps; and SOS Children's Villages to furnish two concrete houses for 16 orphaned children and their 'house mothers'.

**Training:** This challenge has been classified as HARD and is achievable by anyone who maintains a certain level of fitness, i.e., regularly in the gym, swimming, walking, etc.

## CHALLENGE YOURSELF — HELP OTHERS!

By taking part in a Gulf for Good adventure, participants raise funds that are donated to handpicked children's charities in the areas where the challenges take place.

In almost 9 years, Gulf for Good has completed 28 challenges, raising over US\$1.5 million for schools, hospitals, orphanages, and medical equipment in 17 countries in the Middle East, Asia, South America and Africa.

The charity challenges are a mixture of moderate to extreme adventures, ranging from high altitude treks to hiking, cycling, kayaking, rafting and even camel trekking in magnificent landscapes. Our adventures allow you to access



areas you may have only dreamed of visiting, in the company of like-minded individuals. Operating under the patronage of His Highness Sheikh Ahmed Bin Saeed Al Maktoum, Gulf for Good aims to bring together Gulf nationals and residents, of all backgrounds, to push their own limits whilst raising money to make a real difference to children's lives in the area of the challenge.

For more information visit [www.gulf4good.org](http://www.gulf4good.org)  
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