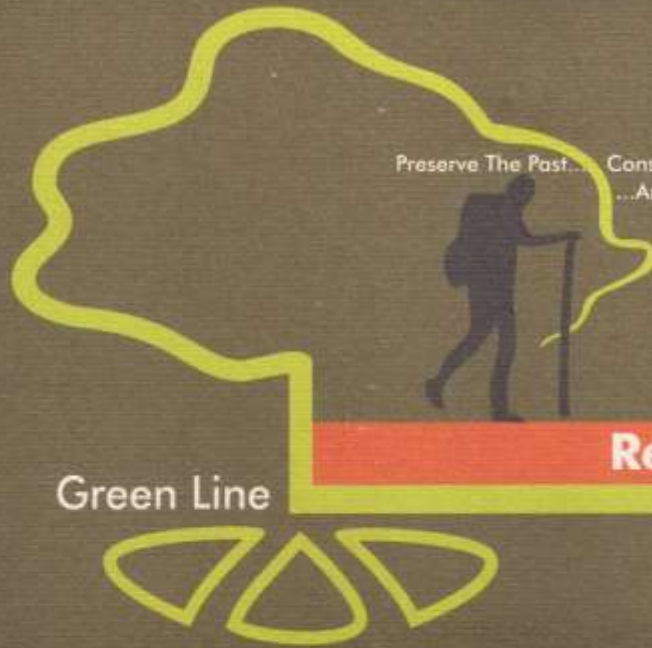




Preserve The Past... Conserve The Present...  
...And Give The Future a Better Chance



Green Line

## Responsible Eco-tourism

### WHAT IS A RESPONSIBLE ECO-TOURISM?

Eco-tourism can be defined as responsible tourism in relatively undisturbed natural areas; that:

- Has low negative impact on the environment.
- Improves the well-being of the local population.
- Offers environmental awareness for both tourists and residents.

### RECOMMENDATIONS FOR A RESPONSIBLE ECO-TOURISM

#### How to behave in nature

- Never light a fire under any circumstances.
- Do not leave anything behind, except your footprints.
- Do not pick or take anything: flowers, fruits, fossils, etc.
- Do not kill or capture animals.
- Be discrete and move around calmly to avoid disturbing wild animals.
- Do not disfigure anything: avoid writing & carving on stones & trees, etc.
- Do not leave the designated & marked trails; walking outside the marked trails can sometimes alter the biological diversity; nevertheless fragile.

#### How to behave with the local population

- Be descent.
- Respect local traditions and cultural differences.
- Always ask permission before taking pictures.
- Respect the private property (picking, walking on private properties, etc).
- Support the local economy: buy local products and use the local facilities available (guides, food, transport, etc).

#### How to enrich the visitors' intellect

- Educate yourself about your destination. Learn about the local history, customs and culture of the region which you wish to visit.
- Make contact with the villagers especially the local guides, the shepherds and the elders.

#### How to behave in a group

- Follow your guide's instructions, especially those related to the security and well-being of the group.
- Never leave the group without informing the guide.
- Never bypass the guide.
- Keep discrete to avoid disturbing other members of the group.

#### Rules for your safety

- Identify the risks...**
- Landmines and cluster bombs: still found in some areas of the Lebanese mountains.
  - Wild animals: snakes, poisonous insects, hyenas, foxes, wild pigs, wild dogs, etc.
  - Natural conditions: sudden changes in the weather (even in summer).
  - Accidents: disorientation, fatigue, etc.
  - Inadequate equipment.
  - Aggressions
  - Lack in provisions (food or water).

### In Summary...



#### Take needed precautions...

- Prepare before you leave. Follow the recommendations of this brochure regarding the clothes and the back-pack.
- Ask the local population about the risks in their region.
- Never hike alone. Always hike with an experienced & professional guide who knows the region.
- Never walk off the beaten track.
- Always keep important phone numbers with you: Red Cross, police, etc.
- Inform the local population of your program, and the expected return time.
- Choose a hiking level suitable for your physical condition.
- As some sources of water are polluted, it is advisable not to drink from any source of water found on the way.
- Have insurance coverage.

#### A responsible eco-tourist must:

- Consider himself a visitor in nature; he must only stay discrete and must only leave behind him his footprints.
- Participate in the durable economic development of visited villages.

## HOW TO PREPARE FOR AN ECO-TOURISM ACTIVITY

### What to wear

- Solid and comfortable hiking shoes.
- Resistant and comfortable pants.
- A hat.
- Sunglasses.
- Comfortable multi-layered clothes.
- A hiking staff optional or (bataa , cane or stick).

### What to put in your back-pack

- A first-aid kit.
- A lot of water and enough food.
- A warm cloth, even in summer.
- Water resistant jacket.
- A mobile phone containing all emergency numbers (turned off, used only for emergency calls).
- Torchlight.
- A Swiss knife.
- Lighter (for emergency cases only).
- Sun-screen.

### How to prepare physically for an Eco-Tourism Trip

- Choose a level that corresponds with your physical condition.
- If your physical condition is not good enough, prepare yourself a couple of weeks in advance.

### Check the Weather Forecast

- Activities in nature are possible in Lebanon all throughout the year. However , the best periods are in spring and autumn.
- All throughout the year , many changes in weather conditions are possible especially in the mountains.
- Before the day of departure , make sure to check the weather forecast of the region you wish to visit.
- Avoid open air activities during the thunderstorm season.

### Contact a tour operator or guide

- Identify your needs and constraints: region, activities, hiking difficulty level, dates and durations, etc...
- Identify the eco-tourism operators: municipalities, clubs, non-governmental organizations, private societies, etc... choose the ones which practice responsible eco-tourism.
- Ask for all the details, especially: hiking level, necessary equipment, risks, insurance, dates, prices and whether or not the activity directly contributes to the rural development of the visited region.

## HOW TO CONTACT US?

[www.greenline.org.lb/eco-tourism](http://www.greenline.org.lb/eco-tourism)  
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Do not throw away this brochure

