



Welcome to Beirut , Lebanon

Continuing Medical Education Office



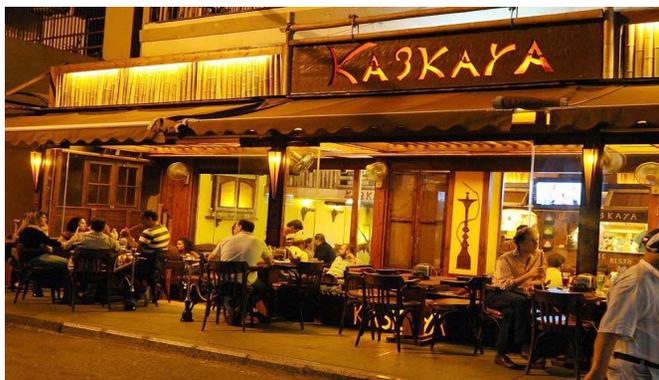
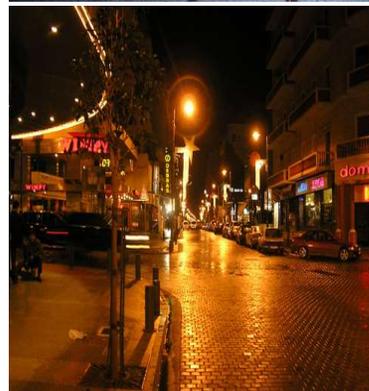
Updated Nov 14, 2016

The conference's exceptional location is a short 5 minute walk from the vibrant Hamra street where you can find a wide choice of both local and international restaurants, coffee shops, pubs, bars and shopping venues. Such as:

- Crepeaway
- Roadster Diner
- Napolitana
- The J's Restaurant
- Blue Note Cafe
- Café Hamra
- Lina's
- Starbucks Coffee
- Costa
- Main Street
- February 30
- Walkman
- Vero Moda
- H&M
- ALDO
- Nine West
- Charles and Keith
- Mothercare

And there's a lot more hidden gems...

Full of life and constantly busy, Hamra Street, or Rue Hamra, is one of the key streets of the city of Beirut, and one of the main economic and diplomatic hubs.



The Beirut Souks is a major commercial district in Beirut Central District. With over 200 shops , it is Beirut's largest shopping area, as well as the most dense.

You can enjoy international brands, such as:

- Chopard
- IWC (International Watch Co.)
- Hugo Boss
- Emporio Armani
- Burberry
- Porsche Design
- Jimmy Choo
- Michael Kors
- Louboutins
- Converse
- Samsung



In addition to several restaurants and coffee shops:

- Casper and Gambini's
- The Met
- Y by Yabani
- Balthazar
- Brgr. Co
- Starbucks Coffee
- Dunkin Donuts

For more information visit www.beirutsouks.com.lb



The newest entertainment destination, located at the Beirut Marina, with 17 restaurants & cafes to discover.

Accessible to the general public, the upper and lower promenades form an intensely active area, where Lebanese, tourists and Beirut lovers enjoy a wide selection of menus, as well as spaces for events, cultural festivals, concerts, exhibitions and a variety of other celebrations.

There is something for everyone to discover at [Zaitunay Bay](#).



At the heart of Lebanon's capital, Beirut Central District (BCD) is an area thousands of years old, traditionally a focus of business, finance, culture and leisure. Its reconstruction constitutes one of the most ambitious contemporary urban development.

Beirut Central District hosts the Lebanese Parliament, the Lebanese Government headquarters, the Beirut Stock Exchange, and many local and international restaurants and cafés:

- Karam
- Grande Cafe
- L'Entrecote
- Lina's
- Paul
- Starbucks Coffee
- Hagen Daaz
- Costa

And [more](#)

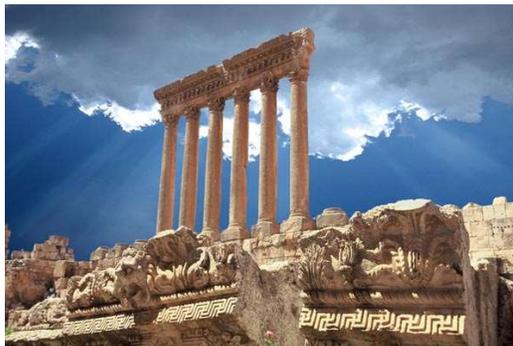


Must See places in Lebanon

Baalbeck

Of all the sites in Lebanon, Baalbeck most deserves some preparation before you visit. Otherwise its vast scale and its beauty may be too much to absorb. The site consists of the three Roman temples. The Jupiter is the largest in the world, while the Bacchus is one of the best preserved. A short distance away stands the small, seductive temple of Venus, whose curved lines contrast starkly with its larger neighbors. A major 8th century Arab monument, the Great Mosque, is found in front of the acropolis entrance. Jupiter stands on a high platform or podium of the kind known in the Bible as a "high place". Originally built to the great god Baal, it was later used by the Romans as part of the magnificent base for their Jupiter temple. This huge construction on its high podium could be seen for miles in every direction and was intended to impress, to intimidate, and to show off the power and prowess of Rome.

In the Bacchus temple you'll find intricate details which have been almost miraculously preserved thanks to Arab fortifications built around the structure. Since most of Lebanon's temples have been weathered down to unadorned marble, this is a unique chance to appreciate the workmanship that went into these religious buildings. Of course, the goal of every real traveler is to view the Baalbeck temple complex by moonlight. Try it: only the Taj Mahal is lovelier.



Jeita Grotto

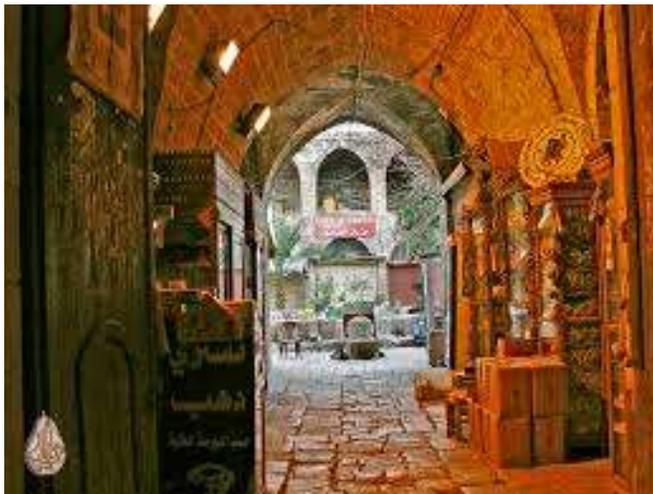
Seeing Jeita Grotto is like a venture through the Hall of the Mountain King. This is your only chance to experience the “inside” of Mount Lebanon, which has been millions of years in the making and is still not finished. Water from melting snows carves the huge limestone canyons and leaves behind fantasy stalagmites and stalactites.

There are two sections to the grotto. The lower part takes you by boat on an underground river while the truly grand upper galleries are seen on foot. Beautiful and awe inspiring, the only drawback to this visit is that you can see a fraction of the huge cave system, although more than 9,000 meters have been explored.



Tripoli

Eight-five kilometers north of Beirut, has a special character of its own. Thanks to its historical wealth, relaxed lifestyle, and thriving business climate, this is a city where modern and medieval blend easily into a lively and hospitable metropolis. Known as the capital of the North, Tripoli is Lebanon's second largest city. Forty-five buildings in the city, many dating from the 14th century, have been registered as historical sites. Twelve mosques from Mamluke and Ottoman times have survived, along with an equal number of madrassas, or theological schools. Secular buildings include the hammam, or bathing-house, which followed the classical pattern of Roman Byzantine baths, and the kan, or caravansary. The souks, together with the khans, form an agglomeration of various trades where tailors, jewelers, perfumers, tanners, and soap makers work in surroundings that have changed very little over the last 500 years.



Byblos

Here is a tidy and beautiful place. In contrast to stately Tyre, there is little of the classical Roman in Byblos. Instead, the atmosphere is a modern mix of sophistication and ancient history. Head directly for the medieval fishing port, which is the most charming in Lebanon. Around the port are excavated ruins, seafood restaurants, shops, museums, and a tiny but beautiful mosque.

The excavated area is the most extensive in the country and covers five millennia of history from the Stone Age through Roman and Byzantine times. Look for the small Greco-Roman theater near the sea and the obelisk temple with its tiny shrines and stones of sacrifice. The oldest Phoenician inscription yet discovered (now in the National Museum) was found here in the tomb chambers of the Phoenician kings. The Crusader castle at the entrance to the archaeological site was built on an earlier Arab fortress and was once surrounded by a moat. Be prepared to pay a moderate entrance fee.



Beiteddine

When he chose Beiteddine for his capital at the end of the 18th century, Emir Bachir Chehab was looking for a good water supply. But he must have had climate in mind as well, for even on the hottest summer day the temperature here is moderate due to an 850-meter elevation and mysterious fog that often envelopes the area. The entire Shouf region is an environmentalist's delight, with little of destructive quarrying and overbuilding that is endangering other areas of Lebanon. The Shouf also has several nature preserves that protect cedar groves and wildlife.

Beiteddine Palace, like any popular monument, is best seen in off hours when you can enjoy its idyllic atmosphere to the best advantage. Wander first through the museum hall to get a flavor of Beiteddine's past. Then visit the palatial receiving rooms decorated with carved wood ceilings, marble fountains, mosaics and oriental furnishings. On the lower level look for a collection of 5th and 6th century mosaics on display in the old stables restored to look like vaulted galleries. In the beautiful garden are other mosaics set like carpets in the lawn. For more of the same, go to the Emir Amin Palace Hotel for lunch. In addition to a panoramic view and a chance to peek at the interesting "mosaic carpet" at the bottom of the swimming pool, you will be visiting the former palace of Emir Bechir's son, Amin.



Sidon

Once one of the great Phoenician city states, modern Sidon has many scattered remnants from the past, although unlike Tyre or Byblos, it has never been seriously excavated. If you are short on time, stop first to explore the Crusader castle which you see on entering the city. Nearby is the Government Rest House, a restored medieval building with a lovely seaside location. It is known for its good food, but unfortunately does not open until noon. Then cross the street and wander through the old souks, much smaller, but just as fascinating as those in Tripoli. Here are several old mosques, a working public bath, and the great khan al Franj—a huge caravansary that is under restoration.

One of the more eclectic attractions in Sidon is Murex Hill, where Phoenician purple dye factories dumped their industrial waste. This waste was the murex shell, the sea creature from which the dye was extracted. Today the hill, south of the Land Castle of St. Louis, has become part of the landscape, and unless you are told about it, you would never guess that the large cemetery, numerous houses, and newly constructed buildings all sit on a pile of seashells. It is still possible to find a shell or two in the area, if you keep your eyes open. Also try to see Dekruman, a vast ancient cemetery crammed with antique elements of every description. Most significant here are the remains of circular Chalcothic houses built around 4000 BC. Sidon is 43 km south of Beirut on the coastal highway. A fee is charged at the Crusader castle. The Soap Museum in Sidon The Hammoud family built the soap factory in the middle of the 17th century in Sidon. Then the Audi family bought it in the late 19th century. The soap factory operated until 1975 when it closed because of the war. Mr. Raymond Audi funded the renovation works in early 1996 that transformed the soap factory into a soap museum. The project was completed in April 2000 and the Audi Foundation was officially inaugurated in November 2000. This museum presents the different steps involved in soap fabrication, its diverse forms and properties, and a brief summary of its regions of origin. The museum also presents an overview of public baths and includes a fascinating clay pipe collection originating from the Ottoman Empire.

Tyre

Phoenician Tyre was queen of the seas, an island city of unprecedented splendor. She grew wealthy from her far-reaching colonies and her industries of purple-dyed textiles. But she also attracted the attention of jealous conquerors, among them the Babylonian King Nebuchadnezzar and Alexander the Great.

Today it is the fourth largest city in Lebanon and houses one of the nation's major ports. Tourism is a major industry. The city has a number of ancient sites, including its Roman Hippodrome which was added to UNESCO's list of World Heritage Sites in 1979. The Tyre Coast Nature Reserve is the largest sandy beach in Lebanon,[citation needed] covering over 380 hectares (940 acres) and divided into three zones: the Tourism zone (public beaches, the old city and Souks, the ancient port), the Agricultural and Archaeological zone, and the Conservation zone that includes the Phoenician springs of Ras El Ain. Due to its diverse flora and fauna, the reserve is a designated Ramsar Site. It is an important nesting site for migratory birds and the endangered Loggerhead and green sea turtle and the shelter of the Arabian spiny mouse and many other important creatures.





For more information on where to visit and how to enjoy your stay in Lebanon:

- [Ministry of Tourism](#)
- [Virgin Ticketing Box Office](#)
- [AboutLeb](#)
- [Beiruting.com](#)
- [Beirut Restaurants Directory](#)
- [AUB- Continuing Medical Education](#)

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