



درب الكرم

food heritage trail



Darb el Karam

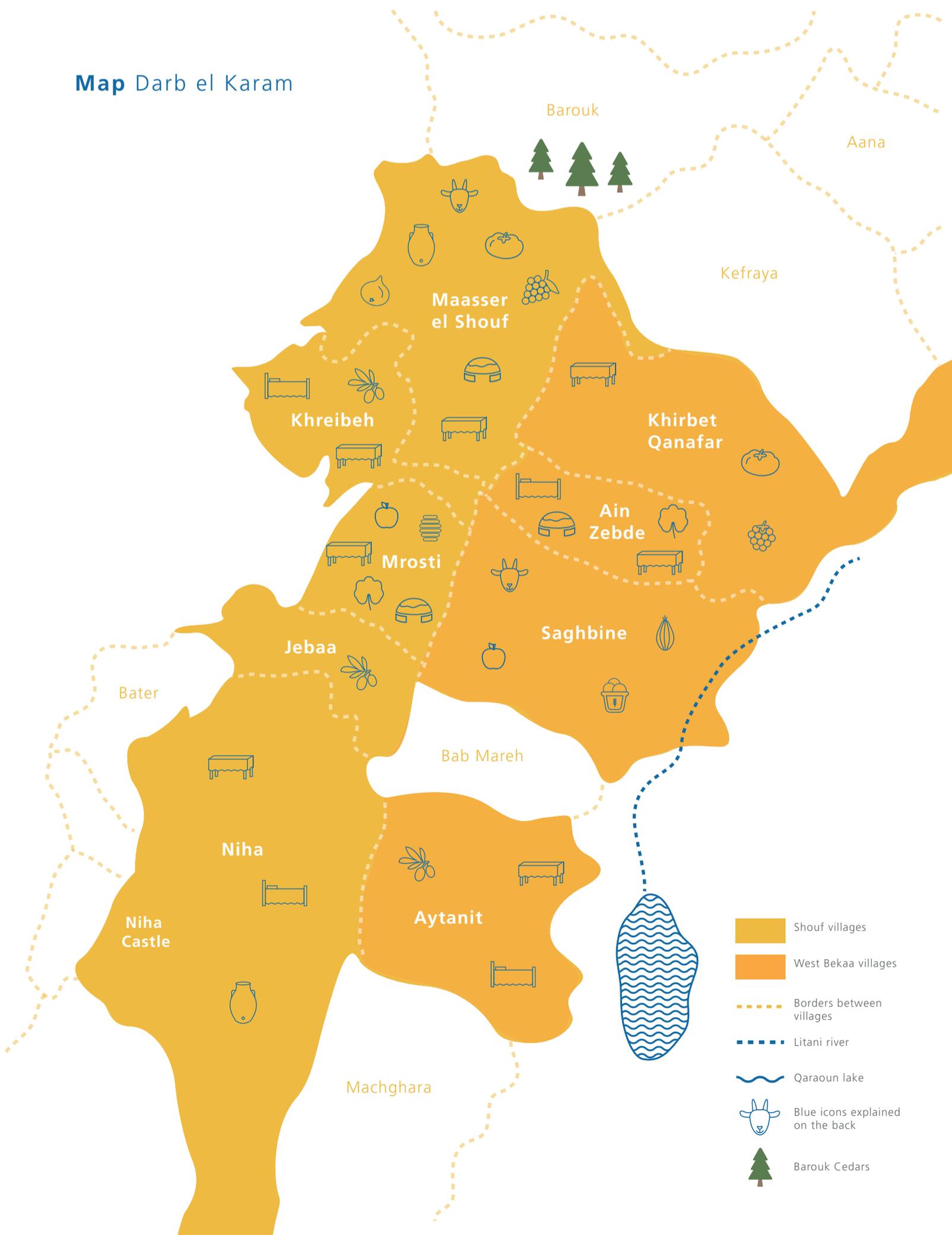
food heritage trail

Darb el Karam (the trail of generosity) is a network of villages in Higher Shouf and West Bekaa promoting food and agricultural heritage through tourism. The network aims to highlight the seasonality and locality of foods and crops, the traditional processing methods and most importantly, the generosity of the hosts. This food heritage trail invites you to meet the shepherd, the farmer and the food producer, participate in harvesting and pastoral activities and taste local culinary specialties. Darb el Karam aims to raise awareness about the origin of a food product or a traditional dish and its cultural and emotional ties to the destination.

Darb el Karam is developed through the collaboration between the Environment and Sustainable Development Unit at the American University of Beirut, the Food Heritage Foundation and the Shouf Biosphere Reserve with support of USAID.

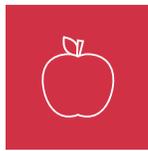


Map Darb el Karam





Mulberry
Mulberry picking



Apple
Apple picking



Grapes
Grape picking



Sirdele
Sirdele labne or
ambarees processing



Olives
Olive picking
and processing



Salamouni Onions
Salamouni onion
harvesting



Goats
Walking with the
shepherd and the
goats



Ice-cream
Tasting of Arabic
ice-cream made of
fresh goat milk



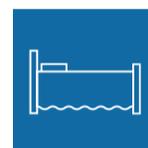
Table d'Hôte
Breakfast and lunch
with seasonal local
culinary specialties



Jabali Tomatoes
Local tomato
picking



Fig
Fig picking and
drying



B&B
Sleep over and have
breakfast, lunch and
dinner with seasonal
local culinary specialties



Saj
Tasting of saj bread
and manakish



Wild Edible Plants
Wild edible
plant collection



Honey
Visit to the
beekeeper and
honey collection



Wjeq
Winter culinary
specialties cooked on
iron stove in B&B
and tables d'hôte



Mouneh
Food processing and
mouneh making



Hiking
Hiking can be done
in all villages all
year long

By participating in Darb el Karam activities, you will be valorizing the local agricultural and culinary heritage of these villages and supporting the livelihoods of small farmers and food producers by diversifying their income through tourism.



Contact info:

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Shouf Biosphere Reserve www.shoufcedar.org – 05.350.150 / 250

