



March 11 - 22, 2020
(Pre-Trip Extension March 9- 12)

The Land of Abraham

Exploring and Cycling Israel and Jordan

Leader: Dick Cable Trip #2004 Co-Leader: Joe Thomas

Within its small perimeter Israel packs in abundant riches, from cherished religious sites and well-preserved archaeological treasures to spectacular natural wonders. Holy Land to Jews, Christians and Muslims, this is where biblical place-names like Jerusalem and Galilee come vibrantly alive. Whether you're in a shrine or on a hiking or biking trail, Israel is a place to renew the spirit.

Deep within Jordan's desolate desert canyons and rugged mountains lies an ancient treasure, the stone city of Petra. A UNESCO World Heritage Site and one of the new seven wonders of the world, Petra is a giant metropolis of tombs, monuments, and other elaborate religious structures directly carved into



Come join us
for this truly
extraordinary
experience.

For those interested in adding to this already amazing trip, we are offering a 4-day pre-trip extension to allow you to experience and see some of the regional sites that are not included in the basic trip.

See below for more detail.

OPTIONAL PRE-
TRIP EXTENSION

This trip has been rated MODERATE (3) for biking and hiking purposes. Biking will be mostly on paved roads with some unpaved. Anticipate a 10-12/mph pace and some hills. Participants will be screened for level of fitness and biking and hiking experience.

OUR ITINERARY

(subject to change)

This trip includes an optional 4-day pre-extension at the beginning of the trip.

Both itineraries are detailed here and are subject to change.



Day 1 (Monday, March 9): Leave USA

Day 2 (Tuesday, March 10): Arrive Tel Aviv

Our tour begins in Tel Aviv, where we will be met and transferred to our hotel. Rest of day at leisure. Flights usually arrive morning or evening. Overnight in Tel Aviv at the Grand Beach/Ruth Daniel, or similar. Lunch and dinner on our own account today.

Day 3 (Wednesday, March 11): Caesarea, Nazareth, Sea of Galilee
Departing Tel Aviv this morning, we will head north along the Mediterranean Coast. Our first stop will be at the city of Caesarea, where we will have a chance to visit the vast Roman ruins of what used to be the capitol of the Judea and also a milestone for early Christianity. After seeing the Roman Theatre, Hippodrome and Harbour, we will continue on our way stopping at Mt Carmel. It is at the Horn of Carmel where Elijah contested the prophets of Baal, and honored today with a beautiful monastery. Our last visit of the day will be to the city of Nazareth. We will visit the historic centre of this once small village and see the traditional site of the Annunciation to Mary, and then visit the colorful market, and other places of interest if time permits. Our day will end at a hotel on the shores of the Sea of Galilee. Lunch and dinner on our own account today.

OPTIONAL PRE-TRIP
EXTENSION
(Subject to change)

Day 4 (Thursday, March 12): Sea of Galilee moderate bike ride (less than 50km of easy to moderate biking with few hills)

This day will be devoted to cycling on the shores of the Sea of Galilee, an important landmark for Israel, and the birth place of Christianity. Our pilgrimage will follow routes that Jesus took between the villages that still remain from his time. We will visit the newly excavated village of Magdala, the Church of the Primacy of St Peter, the traditional site of the Sermon on the Mount, and Capernahum, the town of Jesus. Lunch and dinner on our own account today. Overnight in Prima Park, or similar. (Meals B)



MAIN TRIP
ITINERARY
(Subject to change)

Day 1 (Wednesday, March 11): Leave USA

**Day 2 (Thursday, March 12) Arrive Tel Aviv and transfer to Jerusalem
(where we meet the pre-trip extension group)**

Day 3 (Friday, March 13): Tour Jerusalem

Our tour begins in Jerusalem, where we will be met at the hotel by our guide after lunch and embark on a walking tour of the old city. The tour will take us through the city's different quarters, and to the Western Wall and the Church of the Holy Sepulcher. In the evening, return to the hotel for supper, bike fitting, and a briefing on tomorrow's ride.



Overnight in Jerusalem at the Primal Royal, or similar. (Meals D)

Day 4 (Saturday, March 14): Bet Guvrin

Departing Jerusalem this morning, we bike through beautiful hill country and into Bet Guvrin National Park, where we stop for a picnic lunch and a guided tour of the park's famous caves, the Crusader church and Roman-era Amphitheater. From Bet Guvrin, we continue cycling south through the Judean Hills, before meeting with the support vehicle for a driven transfer to Arad, a small city situated on the edge of the Negev Desert and within easy reach of the Dead Sea. Arad will be our base for two days.

Distance: 47.9kms Height Gain: 499ms. Descent: 623ms.

Overnight in Arad at the Hotel Inbar, or similar. (Meals B, D)

DAY 5 (Sunday, March 15): Day 3: Masada and the Dead Sea

Leaving Arad this morning, we cycle towards the Dead Sea. At 430 metres below sea level, the Dead Sea is the lowest region of land on the planet, and so today's ride will take the form of a mostly gentle descent as we journey down to the shores. On reaching the shores, we continue our ride to Ein Gedi, a small oasis and rare patch of greenery in this otherwise arid landscape.

In the afternoon, we ride to the famous hilltop fortress at Masada, a tough uphill climb to the top of the plateau overlooking the Dead Sea. After exploring the fortress and learning of its history, we continue back down to the sea for a rest and a float, before returning to Arad in the support vehicle.



Distance: 84.4kms Height Gain: 463ms. Descent: 1332ms.

Overnight in Arad at the Hotel Inbar, or similar. (Meals B, D)

Day 6 (Monday, March 16): Scorpions' Ascent (Negev Desert)

Today sees us journey into the vast expanse of the Negev Desert, as we cycle towards the Arava Valley. We follow the main road into the desert, taking us past the Hatira Crater and then down into the valley via the Scorpions' Ascent, a succession of sharp bends that forms a winding course as we enter the valley.

In the valley, we board the support vehicle and transfer by road to Mitzpe Ramon, a small town in the Negev Desert.

Distance: 74.5kms Height Gain: 663ms.

Descent: 1244ms.



Day 7 (Tuesday, March 17): Makhtesh Ramon to Katura

Leaving Mitzpe Ramon this morning, we continue to follow the desert road past the Makhtesh Ramon (Ramon Crater), encountering spectacular desert scenery en route, before arriving at the small kibbutz of Ketura, on the border with Jordan. Here we'll have a chance to learn more about the Kibbutz lifestyle, and the collectivist ideology that underpins it.

Distance: 97.7kms Height Gain: 979ms. Descent: 1696ms.

Overnight at Keren Kolot (Meals B, D)

Day 8 (Wednesday, March 18): To Aqaba, Jordan

We leave Ketura and continue into the Arava Valley, cycling along rural roads that take us through small villages, kibbutz and date plantations. Eventually, we arrive at the Rabin border crossing. Here we leave our bikes and continue across the border and into Jordan on foot. Our Jordanian driver will be waiting to greet us on the other side and transfer us to the town of Aqaba, overlooking the Red Sea.

The rest of the afternoon is at leisure to enjoy the sea and explore Aqaba.

Overnight in Aqaba at My Hotel, or similar. (Meals B, D)



Day 9 (Thursday, March 19): Wadi Rum



Start the day with a 4x4 desert drive in Wadi Rum, followed by a Bedouin-style picnic lunch served in the desert on rugs. In the afternoon, we continue by road to Petra, where we overnight.

Overnight at a comfortable hotel in Petra (to be confirmed) (Meals B, L, D)

Day 10 (Friday, March 20): Petra

Breakfast at the hotel, then begin a tour of the magnificent "rose red city" of Petra. Although much has been written about Petra, nothing really prepares you for this amazing place. Your guide will lead you through the colonnaded streets and explain a bit of the history of the place. You'll also have ample time to explore at your own pace. Additional walking can be included today, with the option to hike to a high monastery from where there are stunning views across the Jordan Valley. Return to the hotel in the evening and enjoy a last group meal together in Petra. (Meals B, D)

**Day 11 (Saturday, March 21): Little Petra;**

Wake early this morning for a guided tour of Little Petra, then continue into the highlands region and to Mt Nebo via the ancient church at Madaba. Mt Nebo is the spot where, according to Biblical history, Moses first witnessed the promised land. From Nebo, continue to the border crossing at Allenby Bridge.

On the Israeli side, meet with our driver and transfer to a hotel near the beach in Tel Aviv. This evening enjoy an end of challenge celebration dinner. (Meals B, D). Overnight in Tel Aviv.

Day 12 (Sunday, March 22): Departure to US



TRIP COST:

Total Trip Cost \$3825:
 \$1500 due with application;
 \$1500 due September 1, 2019
 and \$825
 due January 1, 2020

TRIP INCLUDES:

10 nights lodging with most meals (all breakfasts and most dinners);
 English speaking guides; support car;
 all activities and tours; hybrid bike
 rental; basic medical and evacuation
 insurance (those interested in trip
 cancellation insurance need to
 purchase on their own).

PRE-EXTENSION COST:

Total Pre-Extension Cost \$1025:
 \$400 due with application;
 \$300 due September 1, 2019
 and \$325 due January 1, 2020

TRIP INCLUDES:

Additional 2 nights lodging, transfers
 in AC coach/English speaking drivers,
 all entrance fees, bike rental.

TRIP DOES NOT INCLUDE: Airfare
 of approximately \$1000.

Leaders:

Dick has been an AMC-Adventure Travel leader for 10 years. He has led over 25 international hiking, biking, walking, and cultural trip to Asia, Europe, Africa, South America. He is retired from education and consulting. He is a personal trainer and fitness instructor and continues to teach when in CT. He lives part of the year in Spain. He is a bike and hike leader for AMC CT Chapter and Berkshire Chapter. His passions: gardening, biking, fitness, interior design, art, theater, and TRAVEL.

Joe has an avid interest in health and fitness which has paved the way to adventure travel. He has participated in bike trips through the Po Valley of Italy and the Camino de Santiago in Spain. He has co-led trips to Machu Picchu/ Easter Island, Puglia, Italy, Patagonia, Dolomites, Tanzania, Vietnam/Cambodia, India/Bhutan and Morocco.

Both leaders have a strong interest in sharing the allure of adventure excursions to the most beautiful and intriguing places on earth. Both are CPR and Wilderness First Aid certified.

The leaders build a trip based on an approximate 10% higher rate of exchange of the current rate. Foreign currencies such as the euro can fluctuate and we want to advise you that if the exchange rate moves higher than expected, we may have to come to you with a modest price increase. We try to avoid this by budgeting wisely; however, there is always the possibility of rate changes. Anyone who does not want to accept the price increase may withdraw from the trip with a full refund.

OUR GOALS

As leaders, our goals for the group are to have fun, utilize your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We anticipate each participant's engagement as part of a group, and expect each to abide by the leaders' decisions and work towards the group having a good time. Be prepared to help your fellow riders/hikers and spend time with other participants on the trip. In doing so, you will help ensure each participant's maximum experience and enjoyment of the trip.

Disclosures

AMC Adventure Travel trips are run on a nonprofit basis. Leaders are not compensated except for their travel and administrative costs associated with the trip. A program fee is assessed toward AMC Adventure Travel Excursion program and administrative expenses.



Cancellation Policy

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced or zero penalty. This will generally not be determined until after the trip. Please refer to insurance information in the section titled "What Trip Price Includes."

Safety

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.



Leaders' expectations and rights

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you may be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in Israel and Jordan through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

For additional information, contact Dick at r.cable@sbcglobal.net or Joe at 203-755-5141 or thomasj73@sbcglobal.net.

