



Upper Galilee & Golan

الجليل الاعلى والجولان הגליל העליון והגולן

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Why Go?

The rolling, green hills of the Upper Galilee (the area north of Rte 85) and the wild plateaux and peaks of the Golan Heights offer an incredible variety of activities to challenge the body and the soul – and nourish the stomach and the mind. Domestic tourists flock to the area – some come looking for luxurious *tzimmerim* (B&Bs), boutique wineries and gourmet country restaurants, others in search of superb hiking, cycling and horse riding through dazzling carpets of spring wildflowers, white-water rafting and even skiing. Yet other visitors are attracted by some of the world's best birdwatching and the spiritual charms of Tsfat, the most important centre of Kabbalah (Jewish mysticism) for over five centuries. The entire region, its summits refreshingly cool in summer, is just a short drive from the Christian sites and refreshing beaches of the Sea of Galilee.

Best Places to Eat

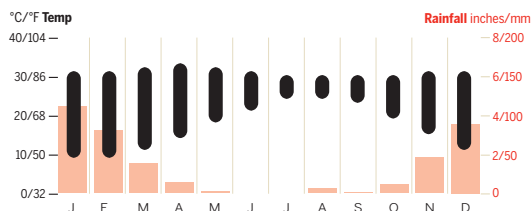
- » Dag Al HaDan (p243)
- » Misedet HaArzaim (p236)
- » HaBokrim Restaurant (p250)
- » Villa Lishansky (p242)
- » Rishikesh (p236)

Best Places to Stay

- » Villa Tehila (p239)
- » Villa Lishansky (p242)
- » Ohn Bar Guesthouse (p235)
- » Golan Heights Hostel (p252)

When to Go

Tzfat



Dec–Mar

Skiing on Mt Hermon – if there's enough snow.

Dec–Aug

Spring flowers bloom earliest in Hula Valley, latest on Mt Hermon.

Feb–mid-Jun

Adventure rafting on the wild Yarden Harari (Mountainous Jordan River).



Upper Galilee & Golan Highlights

- 1** Gaze into the burbling, spring-fresh water below the Suspended Trail at **Banias Nature Reserve** (p251)
- 2** Get lost in the mysticism and ancient stories of the **Yehudiya Synagogue Quarter** (p226)
- 3** Breathe in the crisp alpine air high atop **Mt Hermon** (p253)

- 4** Visit award-winning wineries on **Ramat Dalton** (p237 and the **Golan** (p244 and p251)
- 5** Hike the canyons and waterfalls of the **Yehudiya Nature Reserve** (p247)
- 6** Get a close-up view of migrating cranes from the

Safari Wagon at **Agamon HaHula** (p240)

- 7** Stay at a luxury B&B in a flowery old stone house in **Rosh Pina** (p238)
- 8** Go **horse riding** (p250) with a genuine Israeli cowboy from Kibbutz Meron Golan – up a volcano