



Israel & the Palestinian Territories



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PLAN YOUR TRIP

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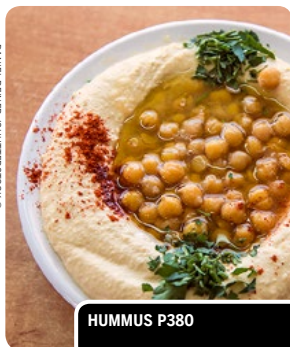
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Itineraries



2
WEEKS

Best of Israel

A whirlwind introduction to Israel's most important historical, religious and natural sights.

Spend your first four days in and around **Jerusalem**, including a couple of days wandering the alleys of the Old City, exploring the Western Wall and the adjacent Temple Mount/Al Haram Ash Sharif, and following the Via Dolorosa to the Church of the Holy Sepulchre. Break out your swimsuit and hiking shoes for a full-day excursion down to the **Dead Sea** and up the storied stronghold of **Masada**. Next, head to the Mediterranean coast for three days around **Tel Aviv**, dividing your time between strolling, cycling, lounging on the beach, fine dining and watching the world go by. Next, head up the coast for a peek at Roman-era **Caesarea** before pushing on to **Haifa**. Check out the views from atop Mt Carmel and the Baha'i Gardens before a day trip to the walled city of **Akko** and the grottoes of **Rosh HaNikra**. After a day in **Nazareth**, concluded with a tongue-tingling 'fusion' dinner, head to **Tiberias** for a day exploring the storied shores of the **Sea of Galilee**. On the drive back to Jerusalem, stop at the Roman ruins in **Beit She'an**.

4
WEEKS

Israeli Odyssey

Explore the best Israel has to offer from the Lebanese border to the Red Sea.

After four or five days in and around **Jerusalem**, including a couple of days exploring the Old City and a half-day visit to the Israel Museum, take a trip down to the wondrous caves at **Beit Guvrin–Maresha National Park**, stopping at a winery on the way. Next, stir it up in **Tel Aviv** for a few days, strolling along the beachfront promenade to historic **Jaffa**, biking along the Yarkon River and working on your Mediterranean tan. On your way north to **Haifa**, stop at the Roman ruins of **Caesarea** and the quaint old town of **Zichron Ya'akov**, famed for its vintage winery. After touring Haifa's sublime Baha'i Gardens, visit Mt Carmel and the Druze village of **Daliyat Al Karmel**. The next day, continue north to **Akko**, with its enchanting mixture of Crusader ruins and Ottoman relics. Next, go as far north as politics permit, to the subterranean grottoes of **Rosh HaNikra**, before heading inland for a couple of days in **Nazareth**, exploring Christian sites and dining on traditional Arab delicacies and East-West fusion dishes. Based in **Tiberias** for a couple of days, relax around the Sea of Galilee, combining ancient synagogues and Christian sites with quiet beaches and, perhaps, white-water rafting on the Jordan River. Loop east to the Golan Heights, visiting the hilltop ruins of **Gamla**, the Golan Archaeological Museum in **Katzrin** and towering **Nimrod Fortress**. Circle west via the lush vegetation of **Banias Nature Reserve** to the wetlands of the Hula Valley, beloved by migrating birds; the quaint, cobbled streets of **Rosh Pina**; and **Tsfat**, suffused with the spirituality of the Kabbalah (Jewish mysticism). Finally, head south through the Jordan Valley, strolling the colonnaded Roman thoroughfares of **Beit She'an**. After a starlit night on the shores of the **Dead Sea**, rise early to catch the sunrise from high atop **Masada**. Continue south into the Negev Desert for a day or two around **Mitzpe Ramon**, including a hike into **Makhtesh Ramon**. The last stop, for a spot of sea, sun and snorkelling, is **Eilat**.



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Above: Spices, Mahane Yehuda Market (p81), Jerusalem

Left: Tomb of Yasser Arafat (p275), Ramallah

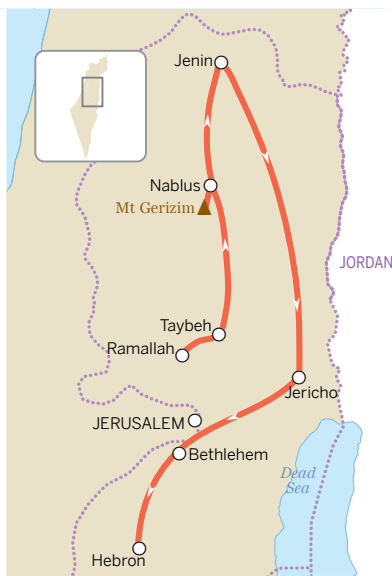


**10
DAYS**

Culinary Trail

From simple hummus to Arab- and French-inspired gourmet meals, this tour of gastronomic hot spots takes in the Holy Land's most delicious dishes.

Start in **Jerusalem**, where contenders for the 'best hummus' title can be found in the Old City, and the foodie scene around the Mahane Yehuda produce market is worth exploring. For the country's best gooey-hot, cheesy-sweet *kunafeh* pastry, head north to the West Bank city of **Nablus** and then sample extra-virgin olive oil in **Jenin**. Make a beeline for **Nazareth**, where the buzzword is fusion. Continue your culinary pilgrimage on the shores of the **Sea of Galilee** with a lunch of St Peter's fish and then head to the **Golan Heights** for perfectly aged steak – paired, of course, with Golan-grown red wines. Looping west, stop in **Jish** for Galilee-style Arab cuisine or drop by the all-vegetarian settlement of **Amirim** for meat-free treats. Finally, head to the Mediterranean coast, sampling seafood and hummus in **Akko**, creative Arab cuisine in **Haifa**, and modern Israeli cuisine in **Tel Aviv**, where glamorous restaurants run by celebrity chefs vie for attention with traditional eateries serving hummus, falafel and the local fast-food favourite, *sabich*.



**1
WEEK**

Welcome to the West Bank

This route takes you to the major Palestinian cities and sights.

Start off at the Yasser Arafat Museum in **Ramallah** before jumping on a sherut up to **Taybeh** to check out the West Bank's oldest brewery for an hour or two. Spend your first evening either bar-hopping in Ramallah or hanging out with the locals in the cafes close to Manara Sq. The next day jump on a bus to **Nablus** for a day of shopping in its enchanting market, scrubbing up at an ancient hammam and visiting the Samaritans atop **Mt Gerizim**. Up early the next day, grab a service to **Jenin** and check out the Freedom Theatre and then either head back to Ramallah or spend a day staying with farmers near the northern village of Burqi'in. Take a service to **Jericho** for a full day of sight-seeing (perhaps two, if you want to see everything). End your trip with a couple of nights **Bethlehem**, with its winding lanes and ancient churches, and a day trip to the troubled city of **Hebron**, profoundly sacred to both Jews and Muslims.

Behind the Scenes

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Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

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- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping
- Hut/Shelter

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

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- Embassy/Consulate
- Hospital/Medical
- Internet
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- Telephone
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- Tourist Information
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- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
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- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
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- Walking Tour
- Walking Tour detour
- Path/Walking Trail

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- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



Jenny Walker

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OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Dublin, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



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