

REAL FOOD ADVENTURE ISRAEL
10 days from Tel Aviv to Jerusalem
english-sprachige Rundreise 2017 / 2018

Highlights

- Discover the wine region of Zichron Yaakov
- Wander around Akko's fish market
- Take a cooking class in Buq'ata
- Visit a tahini factory
- Learn how to bake traditional challah bread
- Reflect on the past at the Holocaust Museum
- Retrace the footsteps of Jesus on Via Dolorosa
- Visit the West Bank and try a slice of Palestinian musakhan

Day 1 Tel Aviv

Arrive in cosmopolitan Tel Aviv and make your way to your hotel. There will be an important welcome meeting in the evening, usually at 7pm. Please check with the hotel reception or notice boards for more information on this meeting. Enjoy a delicious dinner at a local institution famous for the North African dish, shakshuka – a delicious concoction of eggs poached in tomatoes and chilli with Mediterranean vegetables.

Day 2 Haifa

Visit Jaffa and drive through Tel Aviv. Continue to Caesarea, built by King Herod in the 1st Century BCE to honor Augustus Caesar to visit the Roman Theater and Aqueduct. Continue through Zichron Yaakov and stop in at one of Israel's finest wineries. Enjoy a picnic in the park with cheese and crackers and soft drinks. You're free to make some purchases at the winery to sample some of the local varieties. Continue to Haifa to view the Bahai Gardens. Spend some time exploring these ornate works of landscaped art. A nineteen terrace staircase leads all the way up to Mount Carmel's northern side. Retire to your hotel afterwards for a well-earned rest. For dinner, perhaps take the option of a home-cooked meal.

Day 3 Tiberias

Drive up to Akko to visit the Old Town and explore the Templar Tunnels built during the Crusades. Walk through the streets of the old city via the fish market. At this point you might like to take the option of selecting some fish and having it cooked in the way you like it by one of the fisherman. There is a hole-in-the-wall place where you can sit and watch the action. From Akko you will drive to Nazareth to visit the Church of the Annunciation and Mary's Well. Then drive to the lakeside town of Tiberias, one of Israel's four holy cities, and stay the night.

Day 4 Sea of Galilee

Spend some time touring the Sea of Galilee, Israel's largest freshwater lake, and its surrounds. You'll take a relaxing boat cruise across its calm blue waters. Later, drive up to Golan Heights to visit a Druze village called Buq'ata. Historically, the Druze have been an agricultural people, tending olive groves and fruit orchards (mostly apples and cherries). Many families also grow their own fruit and vegetables, bake their own bread and live on a largely vegetarian diet. Here you will be greeted by a lovely host family and be invited in for a cooking class. This is a chance to learn the secrets behind a delicious local dish. After a taste of the results, farewell your hosts and return to Tiberias for the night.

Day 5 Masada and the Dead Sea

Drive south, stopping en route in Jericho for a brief visit. This slow-paced West Bank town is considered by some to be the longest inhabited city in the world. Continue to Masada where you'll take the cable car to visit Herod's magnificent mountaintop palace and fortress. Masada is also the site of the last Jewish stand against the Romans in 73 AD. Next stop is the Dead Sea, the lowest-altitude place on earth, where you will experience what it's like to float in the world's saltiest body of water. Your accommodation tonight is located 66 feet above sea level, boasting splendid views of the desert mountains and the Dead Sea. Enjoy a peaceful evening, watching the sun go down over the sand and water, then enjoy a delicious feast.

Day 6 Negev Desert

Wake early to witness a beautiful sunrise over the Dead Sea landscape. After breakfast, head further south into the Negev Desert, to meet some food producers. Our first stop is at a goat cheese farm. Tour the farm and learn about what it's like to produce food in desert conditions. Perhaps buy a supply of cheese from here for your picnic later on. Next head to an Argan oil farm. Walk among the argans (Moroccan oil trees) and explore the herb garden to learn about wild desert herbs used for various medicines. Before the drive back to Jerusalem, there's also an option to visit an ancient winery that dates back to the Nabatean era. In recent years, an Israeli couple replanted the winery along with other fruit trees, producing an interesting selection of wines and jams that are only sold in that farm. If you opt to visit the farm, you can also purchase wine from here to have with your picnic. After lunch in the desert, drive up to visit the Tomb of David Ben Gurion – the first prime minister of Israel and one of its founders. Continue up to Jerusalem for a well deserved rest.

Day 7 Jerusalem

Feast on a delicious breakfast of Kaek (Jerusalem bagel bread) and falafel. Enjoy a full-day tour of Jerusalem, starting with the Mount of Olives and heading down to Gethsemane. Start a walking tour of the Way of The Cross (Via Dolorosa) in the Old City, ending at Church of the Holy Sepulchre. On the way to the Church, stop at Zalatio and watch a master prepare the most famous Mutabbaq (stuffed pancake of Yemeni origin). Continue to the Church of the Holy Sepulchre to visit the Golgotha (where Jesus was crucified) and then down to the Tomb where he was buried. Walk through the spice market to the Jewish Quarter and visit the Wailing Wall. Then take the light train to Mahaneh Yehuda and lose yourself in the amazing food market there. If you buy a Machne Yehuda Bites card here you'll be able to sample a broad selection of makret flavours. Alternatively, grab some lunch in one of the neighbouring restaurants. Say goodbye to your leader at the market, and enjoy free time for the rest of the day.

Return to the hotel on your own on foot or by light train.

Day 8 Nablus

Drive to Nablus, one of the West Bank's largest cities, most famous for the Arabic sweet knafeh. Go straight to Mount Jerazim to meet the Samaritans – a Jewish minority group living in Nablus (the only group to hold Israeli, Palestinian and Jordanian passports) and learn about their culture. Visit the tahini factory below the Samaritan Museum and see how the sesame seeds are crushed and made into the finished product (which you will taste). Next it's on to Nablus (arriving by 10.30am) to visit the local chapter of the 'Slow Food' network for a cooking class. Accompany the chef to the kasbah to collect your ingredients, then learn to prepare some classic Palestinian dishes. Enjoy your creations over lunch with your hosts and learn more about what life is like for women in this small Palestinian town. After lunch, visit a knafeh factory with your hosts for an insight into how it's made and to enjoy a taste. Continue to Jerusalem and stay the night.

Day 9 Bethlehem

Enjoy breakfast in one of the Old City's most beloved hummus restaurants. Take a short drive to Battir (recently listed by UNESCO) where villagers continue to practice ancient agricultural methods. The village is surrounded by an impressive Roman-era system of stone-walled terraces and a unique irrigation system fed by seven springs. Next, head to the holy city of Bethlehem. The route passes through a gap in the controversial security wall that separates Israel from the West Bank. Take a walking tour of this famous city. Opposite Manger Square is the Church of the Nativity, the world's oldest continually operating church, which also marks the birthplace of Jesus. Enjoy a final meal at a local restaurant well-known for its fabulous barbeque. Have a go at mincing your own meat. You'll have two huge cleavers to get the job done the authentic way! Return to Jerusalem for the evening.

Day 10 Jerusalem

Your Real Food Adventure comes to an end after breakfast at the hotel.

Vorbehaltlich Änderungen

Leistung:

Eingeschlossene Aktivitäten

Unterkunft mit DU/ WC: 7 N Hotel, 2 N Guesthouse

Transport: Privatfahrzeugen, Zug, Boot, Cable car

Mahlzeiten: 9 Frühstück, 4 Mittagessen, 2 Abendessen

Weitere Informationen

Gruppengröße: max 12

garantierte Durchführung an allen Terminen

zusätzliches Budget: ca USD 250 für nicht inkludierte Mahlzeiten

Termine / Preis pro Person in EUR im Doppelzimmer

15.11.2017	EUR 2495 (garantierte Durchführung)
20.12.2017	EUR 2495 (garantierte Durchführung)
02.05.2018	EUR 2620
20.06.2018	EUR 2620
03.10.2018	EUR 2620
14.11.2018	EUR 2620
19.12.2018	EUR 2620

Trip code: EUZF

ANFRAGE UND BUCHUNG

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