



## The Three Seas Challenge Itinerary: October 2022

### **Day 1: Arrival Tel Aviv – Sunday 23<sup>rd</sup> October**

The group will meet in a hotel (TBC) on the shores of the Mediterranean, officially starting the 2022 Nazareth Challenge. The evening will consist of a meal, bike fitting, briefing and the opportunity to explore Tel Aviv and the Old Port of Jaffa.

#### **Arriving in Tel Aviv and joining the group – you have two options**

**Option One:** Plan to arrive at the airport in time to meet our guide at 4pm for the transfer to the hotel.

**Option Two:** Alternatively, if you arrive earlier or later, you can make your own way to the hotel by getting an airport taxi which costs around £15.

Evening Meal and overnight accommodation in Tel Aviv.

### **Day 2: Tel Aviv to Jerusalem – Monday 24<sup>th</sup> October**

Approx. 70km, cumulative elevation gain of 700 metres.

The day's cycling starts along the northern bank of the Yarkon River in Tel Aviv. On the ride to Jerusalem you'll pass by the Abu Rabah watermill and the beautiful eucalyptus grove that surrounds it. The second part of the ride begins the climb towards the hills of Jerusalem. The route takes you along parts of the Israel Trail, crossing streams, passing under an Ottoman bridge and past a magnificent mausoleum dating back to Roman times before cycling through the hills of the Koah Forest.

Read more about this section of the route [here](#). (Segments 1 and 2 describe the type of scenery you will see, but we will not be following the route exactly).

Evening Meal and overnight accommodation at Wahat Al-Salam Guest House in Neve Shalom.

### **Day 3: Tel Aviv to Jerusalem – Tuesday 25<sup>th</sup> October**

October Approx. 50km, cumulative elevation gain of 1,000 metres.





A large part of the day is spent cycling along the famous Burma Road and then climbing the hills to Jerusalem. This is the day when you will fully understand why in the Bible Jesus is described as 'going up' to Jerusalem.

This day of the Three Seas Challenge is cycling through the Jerusalem Hills, ending at the Old City. Read more about this section of the route [here](#). (Segments 3 and 4 covered during this day).

In the evening, you will have an optional guided walk through the Old City and its markets, and we will visit the Western Wall, Golgotha where Jesus was crucified, and the Garden Tomb which many believe to be the site of Jesus' burial and resurrection.

Evening meal and accommodation at the National Hotel in Jerusalem.

**Day 4: Jerusalem to Jericho** – Wednesday 26<sup>th</sup> October  
Approx. 50km, cumulative elevation gain of 700 metres.

Compared to the previous day, this day's ride will seem like a piece of cake! Starting in Jerusalem at 754m above sea level, you'll be cycling to the Dead Sea and Jericho, the lowest city on earth at 258m below sea level.

Upon leaving Jerusalem, you'll head towards Mount of Olives before beginning the descent through the Judean Hills towards the Dead Sea. Whilst we will be descending towards the lowest point on earth, the Judean Hills are undulating, and there will be many climbs, but the scenery will be breathtaking, seeing the Dead Sea below, and Jordan and Mount Moab in the distance.

The day ends with a ride into Jericho. Jericho appears repeatedly in the Bible, perhaps best known for the Battle of Jericho where the city's walls fell after Joshua's army marched around the city. Jericho was also home to Blind Bartimaeus and the tax collector Zacchaeus.

Evening Meal and overnight accommodation at Al Baiara in Jericho.







**Day 5: Jericho to Beit She'an** – Thursday 27<sup>th</sup> October  
Approx. 80km, cumulative elevation gain of 700 metres.

The day is spent cycling northwards along the Jordan Valley, with part of the route climbing out of the valley into the quiet roads of the West Bank.

The day ends at Beit She'an, which is the junction of the Jordan River Valley and the Jezreel Valley. On nearby Mount Gilboa in 1004BC, the army of King Saul was defeated by the Philistines and Saul's three sons were killed.

Evening Meal and overnight accommodation TBC.

**Day 6: Beit She'an to Nazareth** – Friday 28<sup>th</sup> October  
Approx. 50km, cumulative elevation gain of 1,000 metres.

The final day of the ride starts by cycling north to Tiberias, taking us to our final sea of the Nazareth Challenge, the Sea of Galilee. The Sea of Galilee is a place of significance throughout the life and teaching of Jesus. The Sea of Galilee is where Jesus called his first disciples Simon (Peter) and Andrew to follow him, as well as the location for several miracles including the miraculous catch of fish and Jesus walking on water.

From Tiberias we enter the final stretch of the ride. Before completing the route to Nazareth, take in the sights of Mount Tabor which some believe is the Mount of Transfiguration. The ride finished with a spectacular ride through the old city, before arriving at the Nazareth Hospital EMMS in time to meet the Jesus Trail walkers for the finish line celebration.

A tour of the hospital, a celebratory evening meal, and for those still with energy, a time to explore the old city of Nazareth.

Overnight accommodation at the Nazareth Trust.





### **Day 7: Departure – Saturday 29<sup>th</sup> October**

After breakfast, a guided tour of the Nazareth Village, before final goodbyes and lunchtime airport transfer. For those wishing to stay longer in Nazareth we can offer travel and sightseeing advice, and extended accommodation in Nazareth.

### **Additional information:**

- For an additional cost of £30 per person per night, you can extend your stay at the Nazareth Trust accommodation for those who wish to spend more time enjoying the land of Israel before and/or after the event.
- Your safety is of the utmost importance to the Nazareth Trust. We provide full support along the route, including a support vehicle (where road access allows), spare parts and a guide for the whole trip.
- Areas of the ride enter the West Bank. Only areas that are deemed safe will be entered and alterations to the route will be made where necessary.
- Please be aware that tours and sightseeing opportunities will take place where time permits.
- The ride is set on non-technical off-road routes. You don't need to be an experienced off-road cyclist, but you will need a good level of fitness, and there will be times when we may need to get off the bike and push!

The Nazareth Trust reserves the right to change or even relocate the event or any aspect of its route. This may be as a result of emergencies, severe weather, political unrest or circumstances outwith the Nazareth Trust's control.

