

The Three Seas Challenge Itinerary: October 2022

Day 1: Arrival Tel Aviv – Sunday 23rd 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 24th 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 25th

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 26th 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.

Flights:

A wide range of flights are available from many airports. Below are some flights which may be helpful when considering travelling to Israel:

- **London (Luton)** - leaves at 07:10 and arrives in Tel Aviv at 14:15 on Sunday 1st November. The return flight leaves Tel Aviv at 19:35 and arrives in London at 23:10. This flight starts at just £144 (excl. hold luggage).
- **Scotland** – direct flights to Israel aren't available from Edinburgh or Glasgow. There are plenty of options if you are happy with an overnight flight, alternatively consider travelling to London and flying direct from there. The overnight flights tend to arrive early into Tel Aviv, providing the opportunity for extra time to explore Tel Aviv before starting the Nazareth Challenge.

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.

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 out with the Nazareth Trust's control.