

2013 Israel Ride Arrival Pack

מכון הערבה וחזון The Arava Institute & Hazon

רכיבת
ISRAEL
ישראל
RIDE

Cycling for Peace, Partnership, and the Environment
رحلة من أجل تضامن السلام والبيئة ركوبكس למען שיתוף פעולה, סביבה ושלום

**This arrival pack will prepare you for your journey to Israel.
Please read this packet carefully and feel free to contact the Hazon office
before you leave at 212-644-2332 x314 if you have any questions.**

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Time Zones

In general, Israel is 7 hours ahead of Eastern Standard Time.
Israel changes their clocks one week before the US. From Sunday,
Oct 27 through Saturday, Nov 2 it will be a 6 hour time difference.

As of Nov 3 there will be a 7 hour difference again.

Packing List

Luggage is a heavy issue, as you well know. In order to prevent unnecessary schlepping during the ride, please bring only one suitcase. Remember to pack lightly since you will be bringing your bag to and from your room each night as we travel. If you are travelling before or after the ride, we are happy to store a second suitcase for you that you will only see in Eilat.

If you choose, you can also have a small day bag. This bag will travel with us each day in one of our cars and be made available for you during lunch time.

Bike Clothing

- Gloves – one to two pairs
- Helmet – **Mandatory!** *Even if you are renting a bike, you must bring your own helmet*
- Sunglasses
- Bike shoes if you use them
- Bike shorts – two or three pairs
- Bike jersey(s) - two or three -
We will give 1 jersey to each rider.
- Bike socks
- Jacket, arm warmers, leg warmers -
It can be cold in the morning when we start riding

Other Bike Gear

- Water bottle or Camelbak - *We provide 1 water bottle, we suggest that everyone carries 2 liters of water.*
- 1-2 spare bike tubes - *We provide spare tires and some tubes, but if you have your own, please bring them.*
- Simple bike tools (if you have), such as tire levers
- Energy drinks, *if you have a favorite drink, please bring them in powdered form. We will provide water and a limited amount of energy drinks at rest stops.*
- Bar Map (*sleeve to hold cue sheet on handlebars*)
- **Do not bring a bicycle lock – you do not need it**

Rental Bike Users:

- Helmet (*we do not provide*)
- Bike seat or gel cover you are used to
(*to replace the one on the bike*)
- Pedals, cleats and bike shoes that you use
- *bikes come with standard pedals*
- Speedometer/GPS - *bikes do not have one*

Off-Bike Clothing

- Limited amount of casual clothing for the evenings - shorts, pants, skirts (*you only wear these a few hours each night*)
- Long sleeve layers (jacket, sweatshirt) for evenings
- Very light rain jacket
- Nice (casual) clothes for Shabbat
- Bathing Suit
- Sleepwear
- Underwear and Socks
- Sturdy sneakers or hiking shoes

Lost and Found:

The Israel Ride is not responsible for any lost or missing items during the trip, even if you hand them to the staff or crew personally. Do not bring anything that is not replaceable. Consider marking your belongings with your name to help recover them if they are lost.

Jewish Ritual Items

If you may feel inspired to use these, consider bringing:

- *kippah* / headcovering
- *tallit*
- *tefillin*
- *siddur*

Toiletries

- All medications you might need on the Ride
- Toothbrush / Toothpaste
- Soap & Case
- Shampoo & conditioner
- Shaving materials
- Hairbrush
- First Aid Kit/Band-Aids
- Aspirin/Advil
- Ear plugs
- Butt Balm is useful for long distance riding - *you can find it in bike stores*

Money

- Cash
We will have some items for sale. We only accept US currency, Shekels, or US checks for this merchandise. We also give you the opportunity to contribute to a tip pool for our crew, if you feel you received amazing service on the Ride. Tipping is suggested at \$50 for the week.
- Credit Card
Please bring your credit card with you. You can use your credit card almost anywhere for shopping and food. We encourage you to notify your credit card company of your travel plans before leaving. Participants who have not completed their fundraising minimum by Oct 29th must provide a credit card to cover the balance. You can continue fundraising until December 31st. If you wish to commit to a higher fundraising level to earn an incentive, you can guarantee this with a credit card to be kept on file.

Tips on Packing a Bicycle

Note: some of this is technical, and may not be necessary depending on your bike, bike box, or packaging. If you have never packed a bicycle before, we recommend asking your bike shop for help.

Box Types

- **Rigid plastic cases** offer the most protection, but are expensive, don't fit large frames (anything over 62cm is trouble). Furthermore, they are heavy to lug around to the airport. Some bike shops rent heavy cases.
- **Cardboard boxes** should be available for free from your local bike shop, especially if you pay the shop to pack up your bike (although some like to charge for their waste disposal). These are cheap but can last a round trip flight.
- **A large soft bag** is an unconventional but effective option. It costs very little and can be folded and doesn't take up lots of space. Surprisingly, it protects the bicycle reasonably well: luggage handlers see that the item is a bicycle, and appear not to throw it around.

Tools required

- Packaging Materials
- Masking tape
- Suitable Allen Keys
- Brake and fork spacers/cardboard

Instructions:

- Remove the pedals by turning the right pedal counter-clockwise and the left pedal clockwise with a 15mm spanner or pedal spanner. Wrap the pedals in something and put them in a place where you won't forget them! Pack the spanner with them.
- Remove the wheels by undoing the quick releases. Remove the skewers and carefully wrap them and put them with the pedals for packing later.
- Let the air out of the tires as airlines do not want inflated tires on the planes (some check too)
- Package the wheels to protect the disc rotors from being bent and place the wheel in a wheel bag if available. Put the wheel bags to one side until the bike is ready to be put in the bag.
- Insert disc brake spacer to prevent the brake pistons moving during transit, put a brake space between the pads. A thick piece of cardboard also makes a good spacer for this.
- Insert fork and frame spacer to prevent fork and frame being bent, insert a plastic frame spacer into the fork/rear drop outs. Your local bike shop may be

able to supply you with these free of charge. A useful alternative is two old hubs and skewers. Both solutions prevent the bike getting bent if a heavy weight is placed on it.

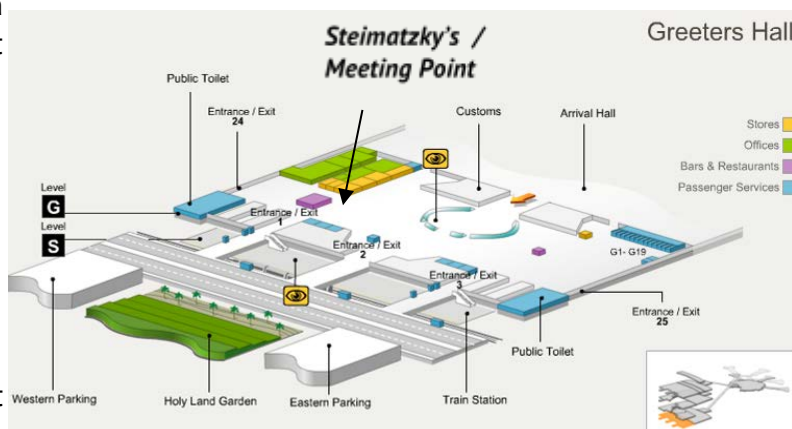
- Remove rear derailleur using a suitable allen key to prevent it getting damaged whilst in transit. It's also worth checking you have a spare hanger at this point too. If you have an easily removable chain e.g., it is worth removing the chain at this point and putting it with the pedals and skewers. If removing the chain requires a chaintool, leave it on as removing it will weaken the chain.
- Package the rear derailleur and fasten it with the rear part of the frame. The frame then protects the derailleur from impact and this also prevents it from hanging loose.
- Protect the chain rings by taping some bubble wrap to the bottom of the rings. This stops the teeth on the outer ring getting broken or bent during transport. Taping this in place also prevents the pedals from turning.
- Remove the stem by undoing the headset bolt and the two stem bolts. Remove the stem from the fork steerer and replace the headset cap and bolt ensuring that you do not lose any headset spacers.
- Package the bars so that they are protected and do not scratch the frame and forks when packed away. 2 useful ways of preventing brake levers getting bent are to either a) pull the lever towards the bars and cable tie it to the bar or b) put a cork from a wine bottle between the lever and the grip to stop the lever being moved.
- Remove the seatpost from the frame and wrap the post with a suitable packaging material
- Protect the frame with suitable pipe lagging or foam packaging. Tape the handlebars flat to the fork and frame so that they are held out of the way
- Wrap the frame in bubble wrap. This stops the other things in the box scratching the frame and adds some extra cushioning.
- Put everything into the box. Insert the frame first, then put a wheel bag down each side. Don't forget to pack the saddle, pedals, skewers, tools for rebuilding bike and bike spares.
- Use the rest of the space in the bike bag for pads, backpacks, biking shoes, etc.

Adapted from GenesisCycling.com

Arrival at Ben Gurion Airport

For those bringing a bike, we will have a representative at the airport to meet you at the times below:

Thursday or earlier none
Friday, Oct 25: 2:00 - 5:00 PM
Saturday, Oct 26: 1:00 - 4:00 PM
Sunday, Oct 27: 12:30 - 4:30 PM
Monday, Oct 28: 7:00 - 9:00 AM



The meeting point is in the Arrivals Hall, just outside of customs. As you enter the hall, head to your right, towards the Steimatzky bookstore (a green sign) and look for someone in a bike ride t-shirt with a sign and a big smile! They will help take your bike box to the storage company and direct you to the ground transportation options.



If you need Shekels, there are ATM machines and currency exchange booths in the Arrivals Hall just outside of customs. The [airport](#) information number is *6663 or 03-975-5555.

If you arrive outside the above dates and times, or if you do not see anyone from the Ride to meet you, you can call Itzik from our storage company at 050-405-0886. The company should be at the airport within 15 minutes of your call to pick up your bike. They will meet you at the main exit of the arrival hall, and store your bike until Monday when they will transfer it to Jerusalem.

If you arrive without a bike box, there may not be someone at the airport to meet you. You can always call our staff (see numbers below) if you need assistance, and we will meet you at the hotel in Jerusalem.

Bike Storage before the Ride

From the time you arrive in Israel until the start of the ride, your bike will be held in a storage room located half an hour from the airport. A *Chenyon Tasim* company truck will pick up your bike from the airport and deliver it to the storage facilities. Any bikes kept in storage will be delivered to our orientation hotel late on Monday night. There's plenty of time on Tuesday to put the bikes together with the assistance of our Bike Mechanic team and your fellow riders. If you are using one of our rental bikes, you will be fitted and have the opportunity to try the bike out on Tuesday morning or afternoon.

On the Monday afternoon at the end of the Ride (November 4), we will help you pack up your bike and it will be taken back to the same storage facility near Ben Gurion Airport. A *Chenyon Tasim* company truck will deliver your bike back to the airport in time for your departing flight. You will need to meet the truck and bring your bike through security. We will provide you with the necessary information in Eilat.

Getting to the Rimonim Shalom Hotel in Jerusalem

Shachrai 24, Bayit Vegan, Jerusalem 96470

All riders and staff members of the Israel Ride will be staying at the Rimonim Shalom Hotel located in Bayit Vegan, Jerusalem.

Main Reservation Center (from the US): 972-3-6754591 | info@hotel-hofit.com

Taxis: Most taxi drivers know all the major hotels. If not, tell them it's in Bayit Vegan on Shachrai Street.

Public Transit: From the Central bus station Jerusalem, take line 21 and get off at Bayit Vegan neighborhood.

By Car: From the Begin highway heading south, exit towards Givat Mordechai, and stay right onto Shmu'el Bait Street. Take the second left at the light (small brown sign for the Rimonim) onto then bear right at the fork to stay on Shachrai (heading uphill). At the traffic circle bear left (almost all the way around) to stay on Shachrai. The hotel will be on your right.

Food

The Ride provides all of your meals from Tuesday lunch, October 29th, through Tuesday breakfast, November 5th. On Monday October 28th we will arrange group dinners at various restaurants around Jerusalem so we can get to know each other. Though a staff member will host these dinners, you will be responsible for covering your own dinner costs. Groups will depart from the Rimonim Hotel lobby at 6:30 pm on Monday, October 28th.

How to Make a Phone Call

Some of the pay phones in the airport operate with coins and others with calling cards. You can go to any store at the airport—usually a bookstore or newspaper stand, and ask for a *Bezek* phone card for pay phones. You can use the phone card on any orange pay phones around the airport. Insert your card, and dial one of the phone numbers listed below. The airport area code is 03 so you don't need to dial the area code if you are calling a 03 number. For any other number (cell phones included), dial the area code first.

We encourage you to rent a cell phone for the ride. We contract with Amigo phones if you want to rent with the group plan for the ride. Calls to others on the ride are free with this plan.

Important Phone Numbers

Be sure to have these numbers with you at all times

If you need help, please call the numbers in the order they appear here:

Bike Storage Questions:

Chenyon Tasim, Itzik

050 4050 886 or 052 2783 807 – cell phone

03 9772 024 - office

03 9791 481 - fax

Other Logistical Questions:

Tali Adini, Israel Ride Director – 054 570 4894

David Rendsburg – 054 973 9531

Jeremy Edelman – 054 696 4379

Stay Safe

In Israel, as in any foreign country or place with which you are not familiar, we want to encourage you to take the same extra precautions you would take:

- Don't do anything you wouldn't do at home.
- Travel with friends or fellow riders. There is safety in numbers and your taxi will be cheaper.
- Stay in public places and be aware of your surroundings.
- Keep your valuables close. Do not leave your bags unattended.
- Carry some type of identification with you at all times.
- Be aware when entering and exiting the Old City.
- Most Israelis speak English. If you are lost, ask for help or stop in any hotel for directions.
- Use common sense and trust your intuition – if you feel like you might be in a bad area - leave.

If you have any concerns about your safety call Tali anytime.

Fall in Israel

Fall in Israel usually starts in October and continues through November until mid-December. The Hebrew month after the major holidays is *Cheshvan*, which is a time of waiting in Israel – for the winter holidays and for the rain. Usually the first rain is during this time and in Jewish prayers we ask for it to come quickly and strongly.

Most of the bikes and the bike gear can manage the rain without bother. The sensitive bike parts susceptible to the rain are the tires, wheel hubs and the chains. It is recommended that you make sure your tires are good and that all necessary bike parts are greased to prevent corrosion.

The most crucial part of the bike is the rider.

The rider is the part that makes sure all other parts are moving and the bikes stays on its wheels. The rider is also the most sensitive part of the bike – it needs to be hydrated constantly (spring, summer, fall and winter), it is very sensitive to changes in temperatures and any change might cause it to get hyper- or hypothermia. It needs sugars, salts, rest, pit stops, and good friends, to talk, take pictures, sleep, to have fun and more.

In order to take care of the physical condition of the rider, appropriate gear must be organized. During the Fall Ride there is a chance that we will be riding in rain. Since it is very important to maintain body temperature during the ride the right gear must be available:

- Rain jacket – breathable or normal
- Bandana or head-sweat to keep the rain (and sweat) from dripping into your eyes and ears.
- Fleece hat or ear-warmers to keep our ears warm (do not use cotton)
- Long sleeves and long pants– make sure they are tight on the arms and legs
- Long sleeve riding shirt and riding pants can also help in keeping your limbs warm
- Long sleeve fleece jacket in your day bag and an extra riding shirt
- Good riding shoes
- Closed gloves suitable for rain (should prevent your hands from getting numb due to cold)
- Do not wear clothes made of cotton (use synthetic)
- Cover head and neck (20-40 percent of heat is lost through the head)

Weather: Before you leave we encourage you to check the weather online. You can look up Jerusalem and Eilat, but most other places on the route will not be available. On some sites you can find places such as Dimona or Arad, desert towns where the weather will be similar to our location.

We expect the high in the desert to reach 90°F. The mornings and evenings can be in the 50s or 60s. Remember that we start riding at sunrise and can be outdoors in the evenings on some of the Kibbutzim, so be sure to look at the cool morning and evening temperatures as well as the warmer afternoons.

Transportation after the Ride

The Israel Ride provides a flight back from Eilat to the center of the country. You are responsible for your own taxi from the Princess Hotel in Eilat to the Eilat airport. This taxi will cost approximately \$10 per cab, and can be easily found in front of the hotel. We will post a list of people on your flight so you can share the cab.

If you are flying to the Sde Dov airport in Tel Aviv, and need to get to Ben Gurion International Airport, a taxi should cost approximately \$45 or 150 shekels, and can be shared by a few riders.

We will provide more information about leaving Eilat towards the end of the Ride.

Scuba Diving

If you are planning to be in Eilat on the Tuesday after the Ride (November 5th) and you would like to Scuba Dive, we recommend the Aqua Sports Club—located 1.5 miles north of the Princess Hotel (08-633-4404).

Evaluation

Shortly after you return from your adventure in Israel you will receive an electronic evaluation about the Israel Ride. Your feedback and comments are essential to the continued success of the Israel Ride. Please fill out the evaluation as soon as you return while the experience is still fresh in your mind. Riders who complete the evaluation by November 30th will be entered into a raffle for an exclusive Hazon jersey.

Fundraising

Whether you have reached or exceeded your fundraising goals, we want to encourage you to keep going! We are offering gifts to those who raise or commit to raise \$5000 or more before the end of the year.

If you have not reached your fundraising minimum by the start of the Ride, you must provide a credit card for the balance. You can continue to fundraise until December 31, and earn further incentives for fundraising that comes in until the end of the year.

If you wish to commit to a higher fundraising level to earn an incentive, you also will be asked to guarantee this commitment with a credit card.

Participants who have not reached their minimum will not be allowed to ride without a credit card for the remainder of the balance.

Schedule

When you arrive at the hotel, the welcome desk will have copies of the Rider Pack. The Rider Pack contains the full schedule for the week as well as other important information. Please write your name on your Rider Pack so we can return it to you if lost.

Monday

3:00 – 6:00 pm	Registration Open
6:30 pm	Meet in the Hotel lobby to leave for various dinner locations. <i>We will offer various cuisines and price ranges. Each group will have a leader and take taxis. You are responsible for the cost of your own dinner.</i>
9:30 – 10:30 pm	Help Desk Open

Tuesday

7:00 - 10:00 am	Breakfast available for Monday night guests
8:00 – noon	Bike assembly and rental bike pick up open <i>After bikes are ready, they need to be loaded onto bike trucks</i>
	Tour leaves for the Old City of Jerusalem <i>Join our tour guide Bill Slott on a walking tour (leaves by bus)</i>
9:00 – noon	Ride check-in open
10:00 am	Test Rides – <i>you can take your bike out when you like, but our lead riders will be available throughout the day to take small groups on a 4-mile loop through the Jerusalem forest</i>
Noon	Lunch (on the hotel porch)
1:00 – 4:00 pm	Registration and bike room re-open
1:00 – 3:00	Tour of Har Herzl – <i>explore Israel's national cemetery</i>
3:00	Second test ride
4:00	Shomrim, Tzofim, of Chalutzim – which should I be? <i>Meet in the lobby with Howie Rodenstein to discuss your options</i>
4:30	Orientation
6:00	Safety and route briefing
7:00	Optional Ma'ariv (evening prayers)
	Dinner
8:30	Help desk open

Guide to Jerusalem

The following is a guide of recommended sites, museums, restaurants, nightlife, and synagogues in Jerusalem. We hope that this guide will be helpful in your pre or post Ride travels in Israel. Note that times and prices are **subject to change**. Please double check before planning your visits to each site. Sites with websites have hyperlinked names.

In addition to the information we are providing you in this packet to explore Jerusalem on your own, we will be offering a few different guided tours from the Shalom Rimonim Jerusalem Hotel on Tuesday before the ride. You will receive more information about these tours closer to the event.

Also, check out the [Jerusalem municipality website](#) of information for tourists, [Go Jerusalem](#) for reviews and updates on the latest events in Jerusalem, as well as the [Ministry of Tourism](#) website.

Here is an interactive [map](#) of Israel.



The Old City of Jerusalem

Jewish Quarter and the Western Wall - Largely destroyed during Israel's War of Independence, the restored Jewish Quarter is a unique part of the Old City. Here you will find a residential area, ancient and modern synagogues, archaeological sites, and plenty of shopping. The Jewish Quarter's most famous landmark is the rebuilt Hurva Synagogue, surrounded by a wide arch. In the Synagogue square there is a small playground, and leading off it is the Cardo, the Wohl Archaeological Museum, and the Burnt House. Close by is the medieval remains of St. Mary of the Germans. You can also take the wide stairway that leads down to the Western Wall.

[Western Wall Tunnel Tour](#) – Both guided and non-guided tours of the Western Wall tunnels must be booked in advance. The tour allows visitors to see parts of the tunnel which were previously deep underground. The tour includes a visit to "Wilson's Arch" - part of the support for a bridge connecting the Temple Mount to the Upper City. You can also see large halls from different periods, including one that was perhaps the Jerusalem council meeting room or city archive from the Hasmonean period. Water channels as well as the largest block of stone used in constructing the Western Wall are also visible. Models and an audio-visual display enable visitors to understand the various sites.

To book a tour: 02-6271333

Hours: Sun-Thurs: 7 am until evening, Fri and eve of holidays: 7am - 12 pm.



The Cardo – The Cardo is a partial reconstruction of the "High Street" of late Roman Jerusalem. You can find the Cardo near the Hurva Synagogue in the Jewish Quarter. A number of columns have been restored, as well as buildings suggesting the form of Roman era shops.

Church of the Holy Sepulchre - Built in the fourth century over the site of a Roman Pagan temple, Christians consider this one of the world's holiest shrines. According to the New Testament, Jesus was crucified on this site. Jesus is believed to be buried in the Church.

Via Dolorosa (Way of the Cross) – The Via Dolorosa is the route Jesus is believed to have walked as he carried the cross to his crucifixion. The Via Dolorosa starts at St. Lions' Gate in the Muslim Quarter of the Old City, and ends at the Church of the Holy Sepulchre. It is marked by 9 of the 14 Stations of the Cross. The other 5 Stations of the Cross are located in the Church of the Holy Sepulchre.

The Ramparts Walk- The Ramparts Walk is a gated path on top of the Old City's walls. The walk provides wonderful views over the new city of Jerusalem and into the alleyways, markets and hubbub of the Old City. The length of the walk is 4 kilometers. Due to security considerations, the area around the Temple Mount is closed. There are three entrance points for the walk, two at Jaffa Gate and one at Damascus Gate. Walkers can descend from the wall at Lion or Dung Gate.

Hours:

From Jaffa to Zion, Dung Gate: Sat-Thurs 9am to 4pm, Fri 9am-2pm.

From Jaffa to New, Damascus, & Lions Gate: Sat-Thurs 9am to 4pm

Admission: 16 NIS adults, 8 NIS students and children.

Phone: 02-6277550



Sites and Neighborhoods in the New City of Jerusalem

Tayelet Haas Promenade - High on the hills of East Talpiot, this promenade offers fantastic views of the entire Jerusalem landscape including the sparkling Old City and surrounding walls. This spacious park has many walking trails that traverse the area. Visitors are encouraged to avoid visiting the area alone after dark, as it is not well lit. The park lights turn off completely at 11:30pm. Entrance to the promenade is on Daniel Yanofsky Street, 1km from the intersection with Hebron Road.



The German Colony - The Templers, a group of rural Protestant Germans, built this lovely residential neighborhood in 1872. The neighborhood has kept its original quaint character characterized by one story stone houses surrounded by gardens. This is a very tourist friendly area, and you will find a lot of English speakers living here. This neighborhood is recommended for walking and shopping and highly regarded restaurants.

The main street which runs through the Germany colony is Emek Refaim. Highly recommended on this trendy street is the Aldo Ice Cream parlor, which features Max Brenner chocolate on 46 Emek Refaim St.



Liberty Bell Park – This park is situated across from the Yemin Moshe neighborhood. At night the outdoor amphitheatre occasionally houses concerts, movies and folk dancing. There are basketball courts with 'pick-up' games running constantly. Lining the park are paths for strollers. The park is located behind the Inbal Hotel at the intersection of Keren Hayesod and King David Street.

Yemin Moshe – Built in 1891, Yemin Moshe was one of the first neighborhoods built outside the Jerusalem walls. During the mid-1800s, the builders of Yemin Moshe had a hard time convincing Jerusalem's inhabitants to leave the security of the Old City and settle in the first modern houses outside the walls. Today Yemin Moshe is one of Jerusalem's most attractive neighborhoods. A walk through the stone-cobbled walkways in the late afternoon, just as the Old City walls turn bronze by the sun, is magical and unique way to end the day.

Moses Montefiore Windmill - Erected in 1857, this European-style windmill was built by Jewish philanthropist Moses Montefiore. It was used to supply Jerusalem's poor with flour at a reduced price. There is a small exhibition inside the windmill celebrating the life of Moses Montefiore, who was born in 1784 and resided in the United Kingdom.

Hours: Sun-Thurs 9 am-4 pm, Fri 9 am-1pm



Mea She'arim – The Mea She'arim neighborhood was quite fashionable and modern when it was established in the 1870s. It is now the home of many ultra-Orthodox Jewish sects and communities. Although it currently has a rather shabby appearance, the neighborhood is really full of life, with many institutions for religious study, schools for the neighborhood children, and shops. Here you can buy almost anything in the Judaica line - *mezuzah* cases, challah covers, *tefillin*, religious books, *shofars*, and kosher food. Please dress modestly when you visit this ultra-orthodox Jewish neighborhood.

Nahalat Ha-Shiv'ah – This popular area, like Yemin Moshe, was one of the first neighborhoods built outside Jerusalem's walls. Established in 1869 by the Builders of Jerusalem Society, Nahalat Ha-Shiv'ah consisted of seven buildings. Despite their desolate state, these buildings were significant because they extended the boundary of Jerusalem and therefore strengthened the Jewish settlement. Currently, the newly renovated Nahalat Ha-Shiv'ah is one of the best entertainment areas in the city. During the last couple of years the area has flourished with coffee houses, restaurants, galleries, pubs, shops and beautiful yards. From Ben Yehuda St, exit onto Jaffa street and turn right onto Solomon street. Solomon streets leads straight into Nahalat Ha-Shiv'ah.



Mahane Yehuda Market - This crowded yet inviting market is not to be missed. The market includes a wealth of fresh, inexpensive produce, and its specialties include colorful spices, pre-made salads, spreads and fresh baked pastries. Recently, many new boutique shops, trendy coffee shops and restaurants have popped into the area. In addition, rumor has it that the bakery stall 'Marzi-Pan,' makes the world's best ruggalah (rolled chocolate pastries). Marzi-Pan (44 Agripas st) hours are Sun-Thurs 8am-8pm, and Fri 8am-3pm. Take note that the market is especially crowded on Friday with Jerusalemites preparing for Shabbat.



Ammunition Hill Memorial and Museum (Givat Ha-Tachmoshet)- This memorial site, honoring those who died fighting in the 1967 Six Day War, symbolizes the liberation and reunification of Jerusalem. The Israeli army fought one of the fiercest battles on Ammunition Hill. This is where Israeli paratroopers captured the well-fortified Jordanian position that blocked the way to Mount Scopus. Once captured, the Israeli army was able to gain access to the Old City.



Hours: Sun-Thurs 9am-5pm, and Fri 9am-1pm.

Admission:Free.

sound and light show: Adults 14 NIS, children & students 7 NIS

Directions: Take buses 4, 9, 25, 28, or 99 to Ammunition Hill.

Mount Herzl - Mt Herzl is home to a memorial park, cemetery and museum dedicated to Theodore Herzl, the founder of political Zionism. Buried in the cemetery is Herzl himself, along with other noted leaders including Golda Meir, Levi Eshkol and Yitzhak Rabin. [The Herzl Museum](#) hosts a multimedia exhibit about Theodore Herzl and his Zionist vision.

Museum Hours: Sun-Wed 8:30am-6pm, Thu 8:30am-7pm, Fri 8:30-1pm

Museum Admission: 25NIS adults, 20 NIS students and seniors, Free for children (under 6)

Directions: The park is located on Herzl Boulevard, and is accessible by buses 13, 14, 18, 20, 21, 27, 33.

Contact: 972-2-6321515

Museums/Places of Interest

[Israel Museum](#) - Founded in 1965, the Israel Museum has achieved world-class status. Its collections range from prehistoric archaeology through contemporary art. The museum hosts a dynamic roster of temporary exhibitions, publications, and educational activities. Comprising nearly 50,000 square meters and a six-acre sculpture garden, the Israel Museum is the largest cultural institution in the State of Israel and is ranked among the leading art and archaeology museums in the world. The Shrine of the Book, which houses the Dead Sea Scrolls, is among one of the highlights in this museum



Opening Hours: Sun, Mon, Wed, Thurs, Sat 10 am – 5 pm. Tues 4–9 pm, Fri 10 am – 2 pm, Sat 10 am – 5 pm.

Admission: 50 NIS Adult. 25NIS children & seniors. Audio guide included with admission.

Address: Ruppin Blvd, near the Knesset

Tel: (02) 670-8811

E-mail: sb@imj.org.il

[Bible Lands Museum](#) - This museum traces biblical history from the dawn of civilization to the early Christian era through a wealth of ancient artifacts. The exhibits feature the Assyrian ivories from Nimrud (circa 800 B.C.), a sarcophagus of Julia Latronilla dated from the 4th century, and an impressive collection of cylinder seals and scarabs.

<http://www.blmj.org/en/index.php>

Hours: Sun. Mon. Tues. Thurs. 9:30am-5:30pm

Wed. 9:30am-9:30pm

Fri & Sat 10am-2pm

Admission: 40NIS adult, 30 NIS Senior Citizen, 20 NIS Students & Children

Daily guided tours: 10:30

Address: 25 Granot St.

Phone: 02-5611066

E-mail: contact@blmj.org



[Knesset \(Israeli Parliament\)](#) - Israel's Parliament offers free-guided tours. The tour includes an explanation of the structure of the Israeli government as well as a look at the famous tapestries of Marc Chagall which adorn the walls. Be sure to take your passport with you in order to enter the building, dress modestly and wear closed toed shoes.

Tour Hours: Sun-Thursday 10am, 11am, 1pm

Contact: 972-2-675-3337



[Israeli Supreme Court Building](#) - Since it opened in 1992, Israel's Supreme Court has been a mainstay on tourist itineraries in the holy city. Situated a stone's throw from the Knesset, the court building is known for its innovative architecture. Every aspect of the building is symbolic of some issue related to justice and Jewish tradition.

Hours: Guided tours of the Supreme Court are conducted Sunday through Thursday for individuals (11:00 Hebrew, 12:00 English). Please arrive at Supreme Court 10 minutes before your scheduled tour to allow time for the security check.

Address: Kiryat David Ben Gurion.

Phone: 02-675-9612/3



[Yad VaShem Holocaust Memorial](#) - Yad Vashem is the leading national Holocaust memorial site. It houses more than 55 million documents, and is considered the largest Holocaust archive in the world. Yad Vashem is also an international leader in Holocaust education, commemoration, research and documentation, and has been recently reopened in a new award winning building. We highly recommend this museum.

Visitors Info: Headsets can be rented at the Audio Guide desk. Guided tours for the public are available in Hebrew and English every day at 11:00.

Hours: Sun- Wed 9am-5pm, Thurs 9am-8pm. Fri and Eve of Holidays 9am-2pm

Admission: Free.

Transportation: Yad Vashem is located on Har Hazikaron, near Har Herzl. The buses 10, 13a, 16, 20, 23, 24, 26, 26a, 27, 27a, 28, 28a, 33, 25, 39,150 and the new light rail train go to Mount Herzl. Yad VaShem is a ten-minute walk from the bus stop at the top of Mount Herzl.

Phone: 97202-644-3802



[Museum On The Seam](#) - a unique museum in Israel, Museum on the Seam is a socio-political contemporary art museum located on the border between east and west Jerusalem. The museum hosts works of artists from Israel and abroad who respond to the stress and tension between and within ethnic groups. The exhibits invite visitors to examine the degree of influence of the social environment on the individual and vice versa.

Opening Hours: Sun, Mon, Wed, Thu 10am-5pm, Tue 4pm-9pm, Fri 10am-2pm. Closed Sat.

Admission: Adult 30 NIS, students & seniors 25 NIS

Address: 4 Chel Handasa St.

Transportation: Museum on the Seam is located on 4 Chel Handasa St. Take bus 6, 30, 23 directly to the museum. Bus 2 drops you off a five-minute walking distance from the museum. Light Rail stop: Shivtei Yisrael

Phone: 02-6281278 Ext. 4

[The L.A. Mayer Museum for Islamic Art](#)- This museum features nine galleries that focus on the beliefs and art of Islamic civilization. The museum includes a collection of Jewish miniatures, arts, tools and weapons from Islamic lands. The display is set in didactic order, allowing visitors to follow the evolution of Islamic art from its start through the 19th century.

Hours: Sun, Mon, Wed 10am-3pm, Tue & Thu 10am-7pm, Fri 10am-2pm, Sat 10am-4pm

Admission: Adult 40 NIS, student 30 NIS, Children 20 NIS

Directions: The museum is located on 2 Palmach St. Take Bus 15.

Phone: 02-5661292

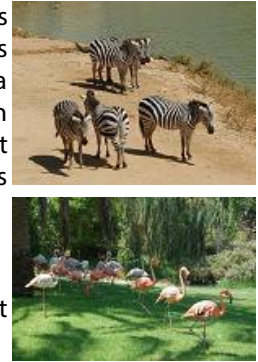
[Tisch Family Zoological Gardens \(Biblical Zoo\)](#) - This 62-acre zoo contains more than 140 species of animals with two major themes: animals mentioned in the Bible and endangered species from around the world. There are indoor exhibits that include fish and reptiles (displaying a biblical quote about each animal). There is an extensive outdoor area where large animals, such as zebras, elephants and deer run freely and can be seen in spacious, unbarred enclosures. At the end of the large animal tour, there is a visitor's center in the shape of Noah's Ark. This imaginatively landscaped zoo is built among mountains and surrounded by stunning views.

Hours: Sun-Thur 9am-6pm, Fri and Holiday Eves 9am-4:30pm, Sat 10am-6pm

Admission: 50NIS adult, 40NIS children and seniors.

Transportation: Buses 26a,33,99 go directly to the zoo. Train to zoo and receive 10% off ticket booth price.

Phone: 02-6750111.



Restaurants in Jerusalem

Little Jerusalem ('Beit Ticho') – Kosher Vegetarian

Little Jerusalem is one of downtown Jerusalem's loveliest, most tranquil nooks. Now a national monument, the imposing stone building was built in the 1920s as the home and office of the famous ophthalmologist A. A. Ticho, and his even more famous wife, artist Anna Ticho. Anna Ticho's evocative drawings of Jerusalem adorn the restaurant. On Tuesday nights there is a wine-and-cheese buffet from 8:30pm, accompanied by a jazz combo. Reservations recommended on Tuesday nights.

Price: \$12-\$30

Address: 9 Harav Kook St,

Phone: 02-624-4186

Hours: Sun-Thurs 10am - midnight; Fri 9am-3pm; Sat after Shabbat - midnight



Te'anim – Kosher Vegetarian

The view from Te'anim, a little restaurant at the Zionist Confederation House, will leave your mouth hanging open. It is situated in a charming old stone building on Emile Botta Street, tucked away in the gardens behind the King David Hotel. Three floor-to-ceiling windows look out onto the Old City walls. The best tables in the house are nestled in the arches of these windows.

Price: \$12-\$35

Address: 12 Emile Botta Street: down the stairs in the garden behind the King David Hotel.

Phone: 02-6251967

Hours: Sun-Thur 10am-10pm, Fri 8:30-2:30

Village Green – Kosher Vegetarian

Right near the downtown Zion Square, this airy restaurant offers a good variety of soups, quiches, pies, and wonderfully fresh vegetable salads, with a choice of great dressings. It is a self-service counter and you pay by weight. Vegans (the management proudly points out) are well catered to. Every meal comes with homemade bread.

Price: under \$12-\$22, for \$25 evening buffet call ahead.

Address: 33 Jaffa Rd.

Phone: 02-625-3065

Hours: Sun-Thu: 9am-10pm, Fri: 9am-3pm

Pera y Mela (Agas ve-Tapuah) – Kosher Italian

Tucked away on a side street called Rehov Hama'alot is Agas ve'Tapuah (Pear & Apple), a classy little Italian restaurant. The owner and chef of the restaurant, Yonatan Otolengi, is an Italian Jew from Milan. His homemade Italian food is made using his grandparents' recipes.

Price: \$20

Address: 7 Hama'alot Street, just off King George

Phone: 02-6251975

Hours: Su. - Th. 11:00 - 23:00 Fr. 11:00 - 15:00 Sat from the end of the Shabbat - 24:00

La Guta - Kosher French-style Steakhouse.

La Guta's building, located in a historical house in the Nachalat Shiva neighborhood, is built complete with Jerusalem stone, a lovely courtyard entrance, arched doorways and windows. The space is spare and elegant with classic wood furniture and Jerusalem greenery. The cuisine is French with Middle Eastern influences it specializes in steaks, poultry and fish. Appetizers include a selection of antipasti, salads, soups, terrines, carpaccio, and goose liver. Main courses include entrecote, beef fillet, goose liver, chicken, and mallard breast and fish prepared with La Guta's unique sauces.

Price: \$25- \$40. Business Lunch: \$12 -\$20

Address: 18 Yossef Rivlin St. Jerusalem

Phone: 02-623-2322

Hours: Sun-Thur: noon - 4:30pm; 6:30pm - 11:00pm. Fri: noon - 4:00pm

Sat: after Shabbat until midnight

Joy Grill and Beer- Kosher Grill

A large selection of premium beers and one of Jerusalem's most lively neighborhoods combine to make Joy Grill and Beer one of the capital's classiest venues.

Business lunches are available until 5:00 p.m. (4 p.m. Friday), and cost between 49NIS & 59NIS; the facility also features a private room for large parties (up to 20 people).

Don't miss the sweet potato fries with maple syrup as a side dish.

Price: \$11-28

Address: 24 Emek Refaim St.

Phone: 02-1-599-530-033

Hours: Sun-Thur: noon- last customer, Fri: noon – one hour before Shabbat

Sat: after Shabbat until last customer

The Original Abu Shukri – Non-kosher, Middle Eastern

Abu Ghosh is an Arab village outside of Jerusalem nestled among the Judean Hills. The prominent Abu Shukri clan established a hummus restaurant, which produces what is widely regarded as the best hummus in Israel. The hummus, served swimming in olive oil with your choice of warm chickpeas or *fuul*, is divine. This restaurant becomes extremely crowded with Israeli foodies on Saturdays.

Price: \$15

Address: 15 Derech Hashalom, Abu Ghosh

Phone: 02-652-6088

Hours: Everyday 8am-6pm

Darna – Moroccan / Glatt kosher

Located near Zion square, Darna is an authentic Moroccan restaurant and is regarded as one of the best dining experiences in Israel. The restaurant itself is work of art, with an extraordinary collection of columns, stained glass windows, colorful tiles, capitals and arches, as well as silver vessels and big ceramic dishes. Main courses such as the couscous dishes and the *tagines* (lamb or chicken cooked with dried fruits or vegetables in covered clay pots) are delectable. Reservations are necessary.

Price: \$25-43

Address: 3 Horkanos St

Phone: 02-624-5406

Hours: Sun-Thurs 12:00-3:00pm, 6:30pm-12:00am, Sat after Shabbat-midnight

Nightlife

Colony

Once the site of Jerusalem's train station, the juncture of Bethlehem and Hebron Roads is now home to several trendy restaurants and bars, many housed in 19th century buildings. Colony is one such pub, distinguished a regular schedule of live music and a lounge setting which helps create a warm and intimate atmosphere. Aside from the rich alcoholic beverage menu, including a wide selection of wines from five different continents, Colony offers a variety of non-kosher snacks and dishes. Appetizers include beef fillet carpaccio; main courses range from chicken wings to spinach ravioli and veal fillet to hamburgers, kebabs, and pastas.

Hours: Sun–Thur: noon- 3:00am Fri–Sat: 12:30pm-3:00am.

Address: 7 Bethlehem Road.

Phone: 02-672-9955, 052-260-0006, 054-599-9930.

Chakra

Chakra was one of the first bar-restaurants to open on the now-popular Shlomzion Hamalka strip of bars, restaurants and cafes. If you would like to eat at the restaurant (non kosher), we recommend making advance reservations since long lines outside the establishment are a nightly occurrence. Chakra's specialty is Mediterranean cuisine, ranging from Italian to local dishes. It serves a wide variety of meat, fish and seafood dishes. Specialties include sautéed liver served on mashed potatoes with a reduced balsamic vinegar and onion sauce, shrimp in pickled lemon sauce and Risotto Monti & Mare (with calamari and green peas).

Hours: Sun–Fri: 6:00pm- last customer Sat: noon- last customer

Address: 18 Shlomzion Hamalka St.

Phone: 02-625-2733



Candela

One of Jerusalem's only Salsa clubs, Candela's combination of dance lessons and parties has made it one of the mainstays of the capital's nightlife scene. On Tuesday, Wednesday and Saturday nights, salsa lessons begin at 9:00 (all levels are welcome), giving way at 10:30 to an all-night dance party on par with any night out in the world. Thursday is "Scooby Doo" night, with the club focused on the 28+ crowd, and Friday night puts the spotlight on hip hop music. The Shabbat party begins at midnight.

Hours: Mon, Tue, Wed, and Sat Night: 9:00pm-morning, Thur: 10:30pm-morning.

Cost: 40 NIS

Address: Rav Chen Mall, 16 Haoman St. Talpiot

Phone: 050-565-3997.

D. Grey – This predominantly jazz music club is considered the meeting point of three art forms - the art of cooking, the art of drinking, and most importantly, the art of music. The founders of the club, Tanya and Leah, were born in Saint Petersburg, and bring that extra touch into the culture and atmosphere of the D. Grey. Their music goes great with a beer or one of the pub's home-cooked meals. The menu is a combination of dishes from Siberia to Kharkoz, including salads, sandwiches, Grozny soup of meat and lamb, pastas, Babushka meatballs in a thick tomato sauce, roast beef, desserts and more. There are daily music performances starting at 9:30 pm, and may include extra charge.

Hours: Mon-Sat: 7:00pm until the last customer. Closed on Sundays.

Address: 42 King George St.

Phone: 02-624-2767.

O'Connell –This kosher Irish pub is located in downtown Jerusalem in a building restored from the Ottoman Empire. The atmosphere is casual, and drinks are accompanied by a dish of peanuts in the shell, which customers are encouraged to toss on the floor. Outside seating is available, and the smoking area is separate. The menu is known for its wide selection of quality beers, primarily from Ireland, and cigars. O'Connell also offers a full menu of appetizers and main courses that are significantly beef-oriented. The atmosphere can't be beat, and the nachos are the best in Jerusalem!

Hours: Sun–Thur: 6:00pm-the last customer. Sat: after Shabbat – the last customer.

Address: 3 Ben Shetah St. Jerusalem

Phone: 02-623-2232, 02-624-0920.

Synagogues and Minyanim

Kol HaNeshama – Reform

Kol HaNeshama is an active and vibrant center for Progressive Judaism in Jerusalem. The community is situated in the Baka neighborhood and serves the greater population of southern Jerusalem. Kol HaNeshama is a pluralistic, egalitarian and spiritually welcoming community.

Address: 1 Asher Street in Baka.

Phone: 02-6724878

Email: kolhaneshama@kkh.org.il.

Services: Friday night services begin at 6:15pm. Shabbat Shacharit (morning service) begins at 9:15am.

Kehillat Har-El - Reform

Founded in 1958, Har El is Israel's first Progressive-Reform congregation.

Address: 16 Shmuel Hanaggid St

Phone: 054-474-2314

Email: cantorevan@gmail.com

Services: Friday night 6pm, Shabbat Shacharit (morning service) 9:30am.

Moreshet Yisrael – Conservative

Moreshet Yisrael is an egalitarian congregation, affiliated with the Masorti-Conservative Movement and the United Synagogue of Conservative Judaism. Established in 1972, the synagogue strives to be a home away from home to visitors, with a D'var Torah in English and Hebrew.

Address: 4 Agron Street Rehavia 94265

Phone: 02 625 3539

Email: bkmoreshe@netvision.net.il

Services: Friday night services begin at 6:30pm, Shabbat Shacharit (morning service) begins at 8:30 am.

Kehilat Kedem – Conservative

Founded in 2001, Kehillat Kedem is a traditional egalitarian minyan that meets every Saturday morning and occasionally on Friday nights. The minyan is fully lay-led and volunteer run.

Address: Bet Sefer Adam, 22 Emek Refaim

Email: kehillatkedem@gmail.com

Services: Shabbat Shacharit (morning service) at 8:30 am.

Shira Chadasha - Modern Orthodox

Shira Chadasha is an Orthodox minyan with progressive and feminist values. It meets at the International Cultural Center for Youth.

Address: 12 Emek Refa'im Street.

Services: Friday night services begin at 6:45 pm, Shabbat Shacharit (morning service) begins and 8:30 am.

Yakar Shul - Orthodox

The Yakar Center for Tradition and Creativity is a center for prayer and learning. Friday night services are especially popular with young single religious Jerusalemites.

Address: 10 Halamed Heh St.

Phone: 02-561-2310, 02-561-2310

Email: info@yakar.org

Services: Friday night at 5:00pm, Shabbat Shacharit (morning service) at 8:15 am.

The Great Synagogue of Jerusalem – Orthodox

The Great Synagogue was founded in 1982 and dedicated to the memory of Jews who perished in the Holocaust and died fighting for the establishment of the State of Israel. This landmark Synagogue is home to prayer services, Torah study, and lectures. The synagogue also offers free tours.

Address: 56 King George St.

Phone: 02-624-7112

Services: Call for times.