**Day 7: Fourth Day of Riding, Sunday Nov. 9th**

Tzofim

Dear Friends,

After a relaxing Shabbat, the Israel Ride continued today. We began with a tremendous descent into Makhtesh Ramon. We then traveled further south across the heart of the Negev desert, with two more stunning descents, riding 62 miles. We ended the day at Kibbutz Ketura, the home of the Arava Institute. After yesterday’s programs where we learned more about the work of both the Arava Institute and Hazon, it was incredible to get to meet the Israeli, Palestinian, Jordanian and international students studying and living together at the Arava Institute in the pursuit of a more peaceful and sustainable future for the Middle East and the world.

For more updates and photos don’t forget to follow the Israel Ride on Facebook, and visit the Israel Ride’s website at [www.israelride.org](http://www.israelride.org)!