



## Active Interest Itineraries

### 7 Day Itinerary

#### Day 1

Drive along the coastal road to Kibbutz Sdot Yam near the ancient city of [Caesarea](#) and ride a high-speed inflatable boat over the waves of the Mediterranean Sea.

Visit the magnificent Roman and Crusader ruins of Caesarea.

For lunch, drive to the Druze village of [Isfiya](#) on biblical Mount Carmel and enjoy [Druze hospitality](#).

Take an afternoon hike in "Little Switzerland," a nature reserve in the evergreen [Carmel](#) hills.

Overnight: on Mount Carmel.



#### Day 2

Start the day with a two-hour horseback ride on the Mount Carmel ridge.

Then drive to [Haifa](#). Among the attractions of this bayside capital of the northern coast, visit the [Bahai Shrine and gardens](#).

In the afternoon, visit [Tsipori](#), a capital city from the Mishnaic period (2nd-4th centuries) and see the "Mona Lisa of the [Galilee](#)," an amazing mosaic floor of a wealthy villa in this long-ago town, and explore the impressive rock-cut water system.

Overnight: In the Galilee area.



#### Day 3

Start the day with a drive to Israel's far north and ride the longest cable car in Israel up the [Manara Cliff](#) for a magnificent view of the [Hula Valley](#), snow-capped [Mount Hermon](#) and the [Golan Heights](#). Manara also offers a half-day adventure, including mountain-slide coaster cars, rappelling, zip-line and swimming in Kibbutz Manara's swimming pool.

In the afternoon, go [kayaking](#) in one the Jordan River or one of its tributaries.

Overnight: In the Upper Galilee area.



#### Day 4

Drive to the Golan Heights, to the [Gamla Nature Reserve](#) and bird sanctuary and hike to the ruins of ancient [Gamla](#), or chose from a variety of other hiking experiences. Then meet the locals over a falafel or pizza in the commercial center at [Katzrin](#), the capital of the Golan.

After lunch, join an ATV tour across the Golan Heights to Mount Bental, overlooking the border with Syria.

End the day with a swim in one of the water parks or beaches on the shore of the [Sea of Galilee](#).

Overnight: In the Sea of Galilee area.

## Day 5

Today a different kind of adventure awaits – a spiritual one.

Drive to [Safed](#) (Tzefat), city of mystic synagogues, art and music. If you love art and a mystical atmosphere you could spend a week here. Take the morning to stroll through the picturesque Artist Colony, visiting artists in their galleries and peeking into the old synagogues. At the HaMeiri House Museum you can hear many stories about the special people who used to live in Safed. If you really are adventurous (and male), you can try to bathe in the freezing waters of the [Ari Mikveh](#) near the old cemetery, which is believed to bring good luck.

In the afternoon drive along the shore of the Sea of Galilee where, according to Christian tradition, Jesus walked on water.

Continue to the archeological remains of [Beit Shean](#), a city with over 6000 years of history. Climb the ancient tell for a fantastic view and to explore the biblical ruins. Below, visit the huge Roman theater, bathhouse and main street from Byzantine times.

Drive through the Jordan Valley to the area of [Ein Gedi](#) on the shore of the [Dead Sea](#).

Overnight: in the Dead Sea area.

## Day 6

Early in the morning, travel to [Massada](#), a historical and dramatic highlight of Israel and a [UNESCO World Heritage Site](#). Ascend to the top on foot or by cable car and tour the ruins of the mountain fortress.

Along the Dead Sea, take a short hike through the [Ein Gedi Nature Reserve](#) to the waterfall and beautiful spring.

After lunch, float in the water of the Dead Sea, the saltiest body of water in the lowest place on earth.

Overnight: in the Dead Sea area.

## Day 7

Drive via the ancient "Scorpion's Ascent" to the mountains of the Negev.

Drive through the Great [Makhtesh](#) (Hamakhtesh Hagadol) a huge crater developed by water erosion on top of a mountain ridge. There are three Makhteshim in Israel, and they are only ones in the world. In the Great Makhtesh you can explore colorful fossilized sand dunes.

Continue to the ancient Nabatean city of [Ovdat](#) (Avdat), a UNESCO World Heritage Site, and explore the archeology and history of this bygone civilization of [desert merchants](#) and farmers.

Hike to the nearby oasis of Ein Ovdad, and then visit the [modest home of Israel's first prime minister, David Ben-Gurion](#) at Kibbutz [Sde Boker](#).

Continue via the biblical city of [Be'er Sheva](#) to [Tel Aviv](#), and let the partying begin in this round-the-clock city, the culture capital of Israel and then it's on to [Jerusalem](#), the Holy City and Israel's capital.