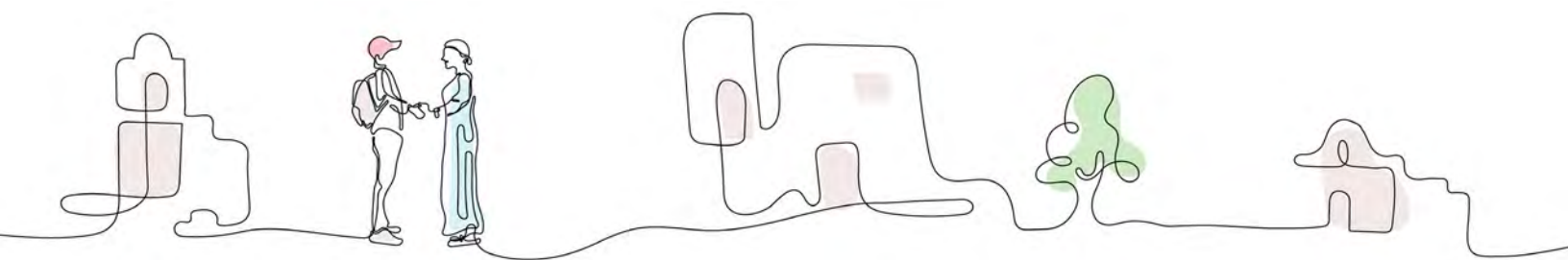




Palestinian Heritage Trail Guide Book

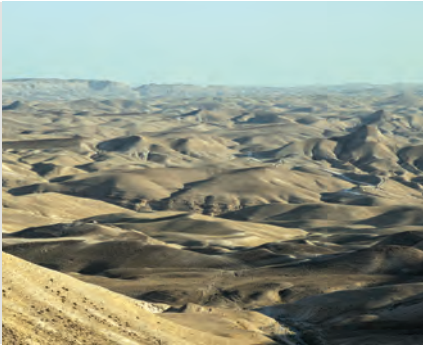


مسار فلسطين التراثي
Palestinian Heritage Trail
Edition 2022



Palestinian Heritage Trail takes you to discover Palestine in past and present besides its beautiful natural landscapes as well as to understand and taste its history, traditions, and hospitality.

Through these pages you will be able to find all the useful and practical information to help you organize your hike along the Trail.



Recognized Entity

National Geographic Traveler magazine's choice of Palestinian Heritage Trail to be the most hiking trail that is expected to have a promising future around the world was not by chance. Palestinian Heritage Trail extends from the village of Rummana northwest of Jenin to Beit Mirsim southwest of Hebron back to Artas in Bethlehem, in addition to the newly developed Jerusalem segment that starts in Eizariya through the Old City of Jerusalem towards the villages in the Northwest (Beit Surik to Beit Duqqa).

A land of all meanings

Palestinian Heritage Trail is not just a hiking trail, it provides a place of meeting and connection between Palestinians and hikers from all over the world by inviting you to discover villages and Bedouins culture as well as inviting you to experience their hospitality that is considered an essential basic for Palestinians' traditions. Palestinian Heritage Trail is considered an invitation for all hikers in nature to change their perspective and to share common values.



A unique journey

Several Palestinian companies and international tour operators offer you to walk this long Trail on foot. If you are willing to organize your trip alone, Palestinian Heritage Trail is ready to provide you all its services.

This journey is open for you!

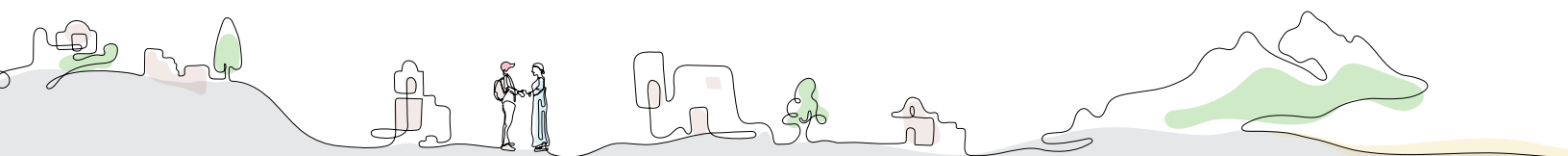


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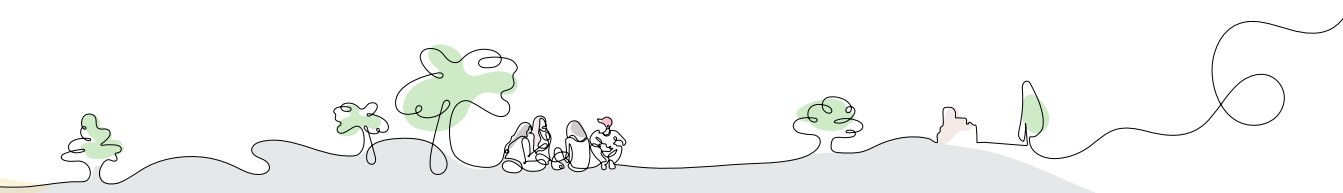
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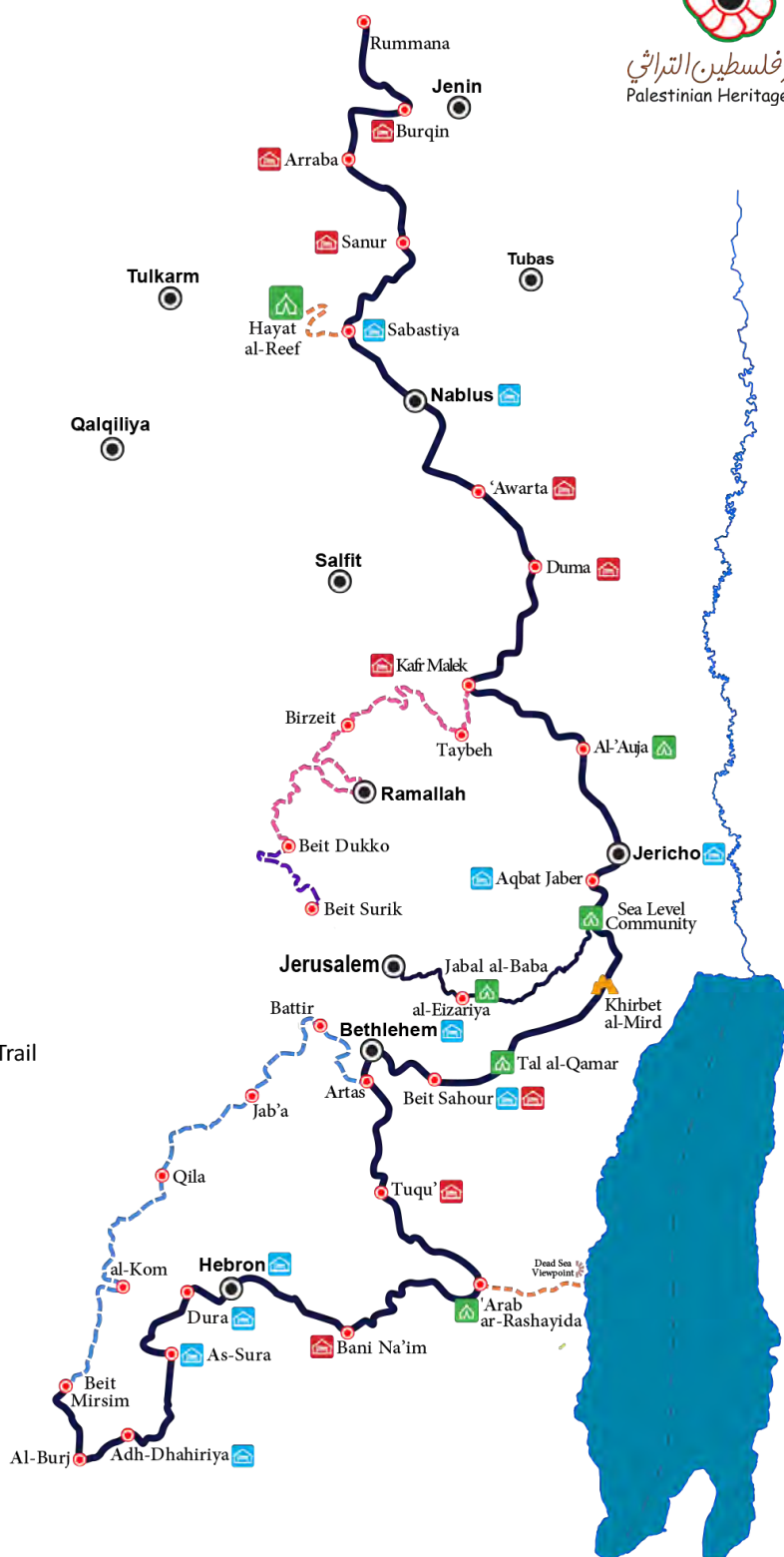
مسار فلسطين التراثي
Palestinian Heritage Trail

LEGEND

- Palestinian Heritage Trail
- - - Sub-Segments
- Guesthouse
- Bedouin Camp
- Local Families
- Grotto Camping
- Major Cities
- Towns & Villages

UNDER DEVELOPMENT

- - - Ramallah Trail
- - - NW Jerusalem Trail
- - - Trail Extension



From The Trail



Way Marking



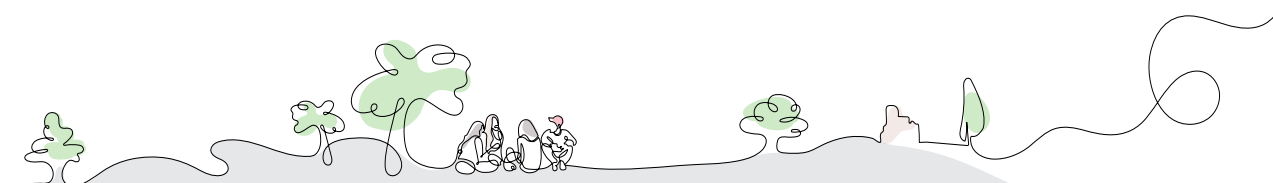
“ There is something important for every hiker to know: Every step that is taken along the Trail pushes hikers backwards to their childhood stories; several popular names without knowing that behind these names there are sites, ruins, and natural landscapes, such as Herod, sycamore tree, Moses, Solomon, hymns.

“One cannot ignore the negative image of Palestine abroad. However, people who came here changed their perspective and went back happy”.

Raed Saadeh

Former President of the Palestinian Heritage Trail

”



Hike through the olive groves of the north and visit the ancient church of Burqin.

This 17km long stage starts at the village of Rummana, which in Arabic means pomegranate. Rummana is the most northern village of the West Bank.

The village is located on a hill slope which conceals traces of ancient remains, including cisterns and caves carved into the rock. The village is well known for the abundance of its olive trees, some of which are said to date back to the Roman times (63 BC-324 BC).

Further on, the trail leads towards a hill overlooking the town of Ti'innik, located just next to the ancient Canaanite site of Tell Ti'innik, strategically positioned along the ancient trade route - Via Maris. From there colorful fields of Marj Ibn Amer (or Jezreel Valley) are clearly seen in the background.

The destination of this stage is the town of Burqin, famous for its 4th century Church of St. George. The church is considered one of the oldest churches in Palestine. It was built to commemorate the spot where Jesus Christ had stopped on his way from Nazareth to Jerusalem to heal the ten men who suffered from leprosy. (Luke 17:11-19).

Points of Interest

Tell Ti'innik : The ruins at Tell Ti'innik show a city strategically positioned on the border between the mountainous area and the plains of the main route between Jenin and Haifa, which served as a major regional center as early as the first part of the Bronze Age.

St. George's Church : Located in Burqin has stood in its current location since the Byzantine era as a marker of the site where Jesus healed ten lepers. The church is considered one of the oldest churches in Palestine. During recent renovations, three rooms which are about six meters deep, have been discovered, probably serving as a secret prayer space for the early Christians.



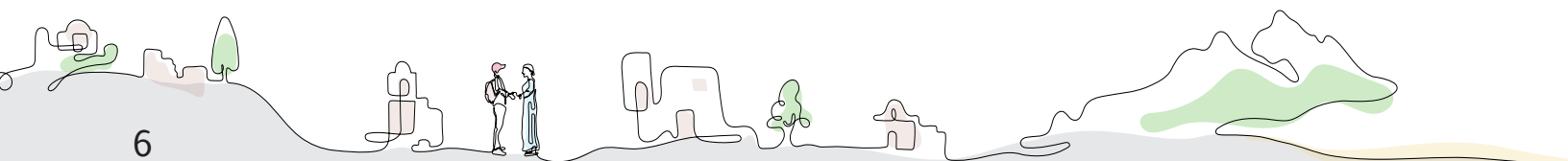
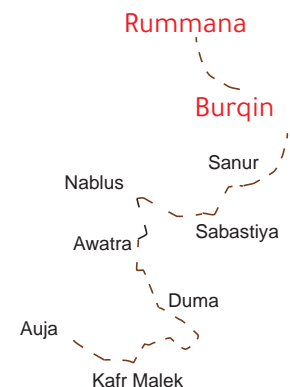
People to meet

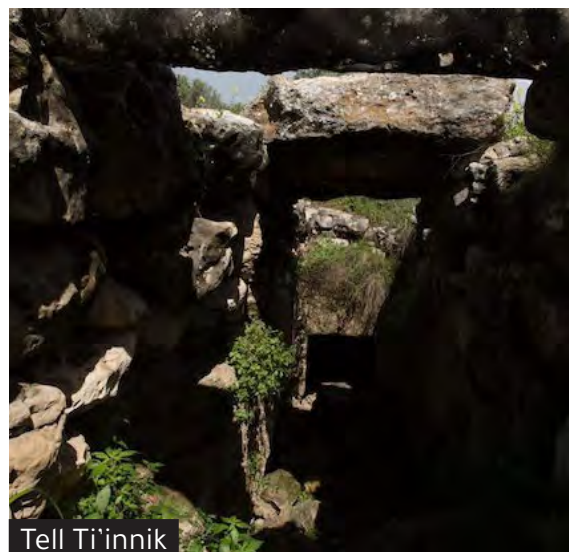
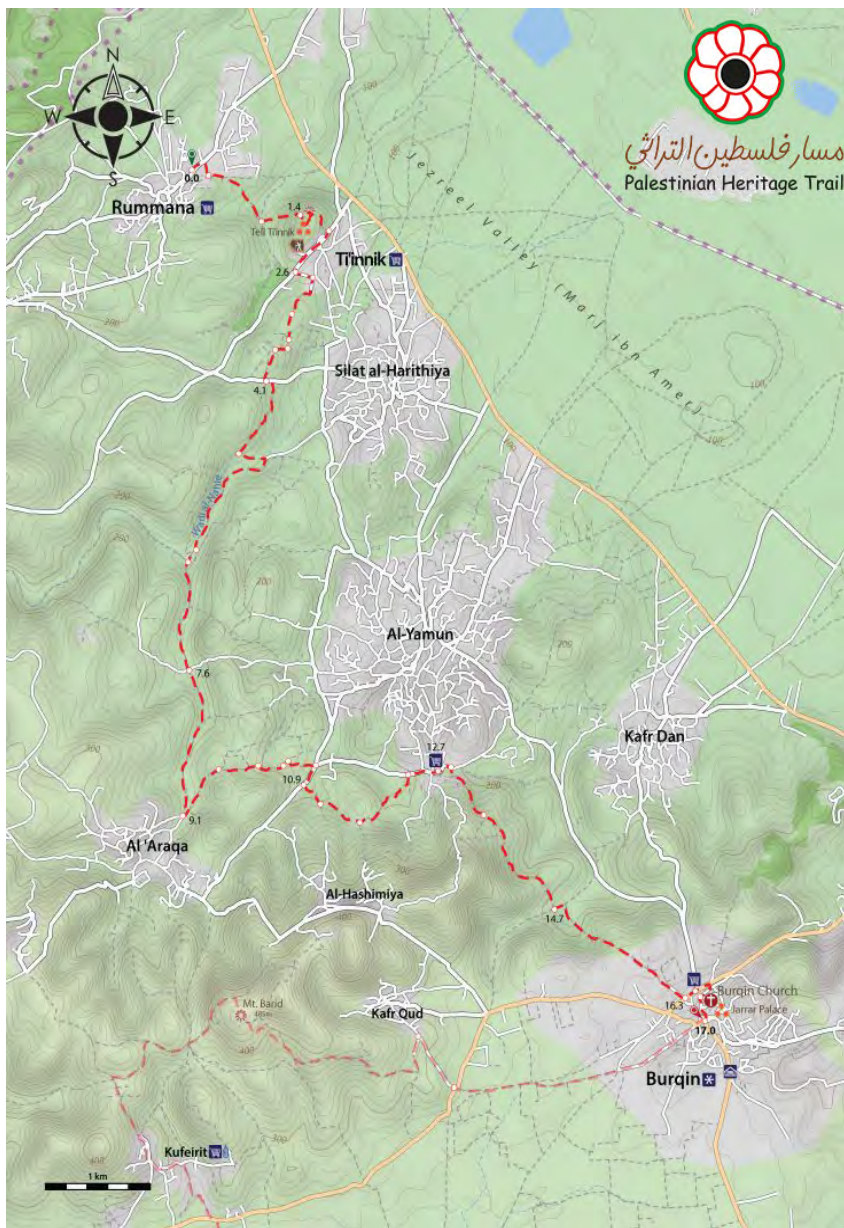
BURQIN WOMEN ASSOCIATION:

The Women Center in the village of Burqin is fortunate to use the kitchen and large meeting room in the rehabilitated Jarrar Palace and have the support of the local municipality.

Visitors to Palestine and hikers on the Palestinian Heritage Trail may stop and visit women at the Center as they pass through Burqin and arrange to a meal of local cuisine ready for them as they visit the Jarrar Palace.

Omaima Khoulouf can be reached at what's app number 0599046445.





Tell Ti'innik



Burqin Church



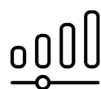
+ 290 m
+ 100 m



5-7 hours



17.0km



Moderate

RECAP OF THE STAGE



Rummana's Nature

Enjoy the Olive trees harvest atmosphere and pass through the impressive Ottoman Palaces of Arraba.

The hike from Burqin to Arraba connects two important landmarks. The trail starts from the beautifully restored ancient Church of Burqin.

Further on, the trail follows the narrow, crooked streets of Burqin which lead to the edge of the village and extend into the surrounding farmlands. In the springtime the fields are usually planted with cabbage, cauliflower, and fennel. You will be greeted by farmers plowing their fields.

From there the path leads toward a high hill - Jabal Barid (the Cold Mountain) - dotted with cyclamens and overlooking small villages and the Palestinian city of Nazareth, beyond the Green Line. It is a great spot to enjoy the view and be refreshed with a cup of hot, sweet, fire-brewed herbal tea. This section is full of hills, and each of them has its own story.

Arraba, located 13 kilometers southwest of Jenin, is the last destination of this hike. During the Ottoman times (1517 - 1918) it was a strategically important place that served as headquarters of the Abdel Hadi family. Today, the complex of their palaces, located in the heart of the town, serves as a center for many community activities and events.



Points of Interest

Arraba's Palaces: The Palestinian village of Arraba has traditionally been associated with the ancient, fortified Canaanite city of Arubboth, which is said to exist in the area. During the Ottoman period, Arraba served as the seat of the Abd al-Hadi clan, a prominent family in the region that engaged actively in local and international politics. Today, visitors to Arraba can explore the Abd al-Hadi palace complex which serves as Arraba's municipality headquarters and as a center for community activities.

Tell Dothan & Joseph's Well (Bir El Hafire)/ on the trail between Arraba to Sanour: This site is of a significant Canaanite city, which is mentioned in biblical stories as the place where Joseph's brothers threw him into a well. Remains of the fortified city and historic wells at the foot of the hill can still be seen today.

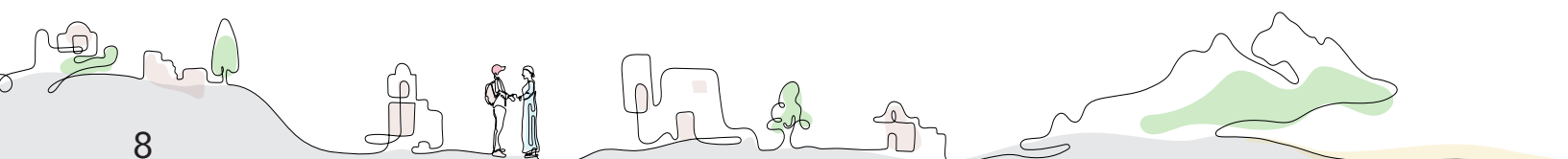
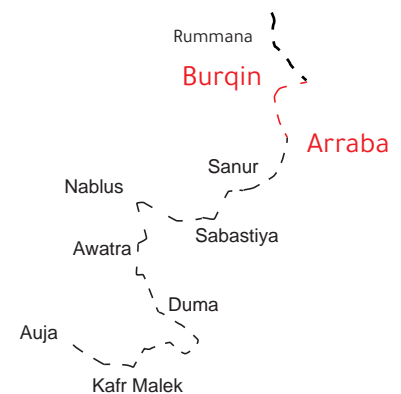


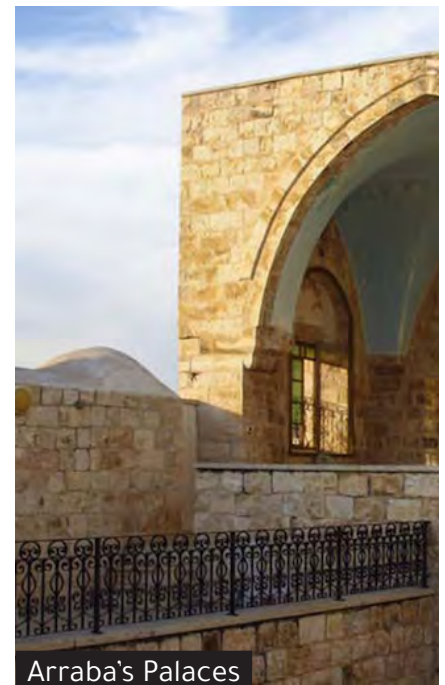
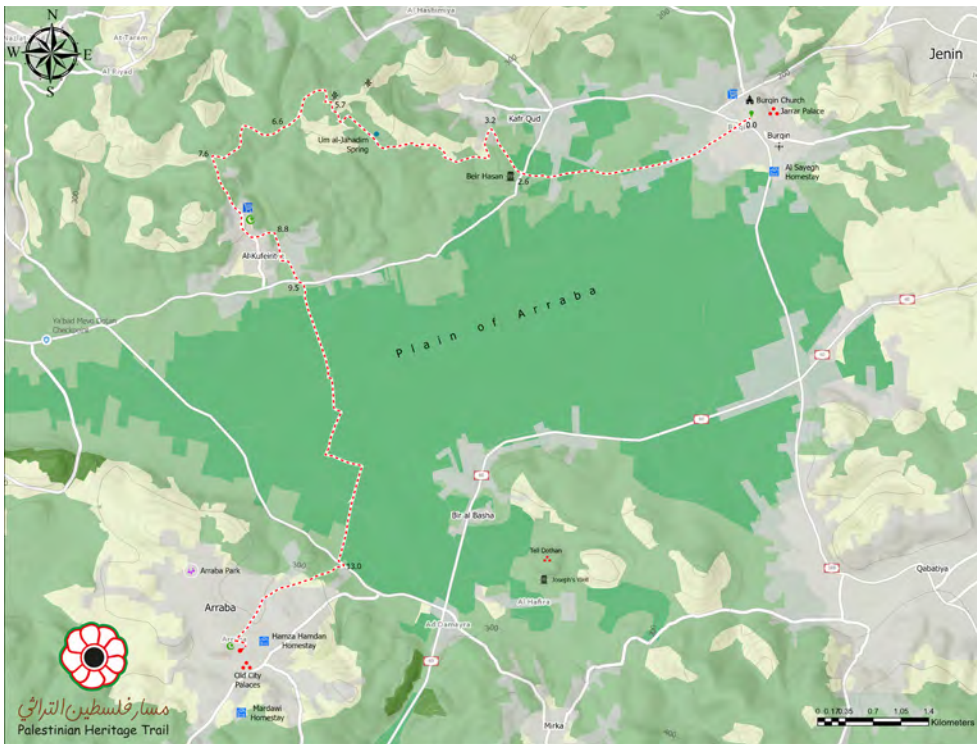
People to meet

Green Field Homestay/ Burqin

Ameed Abbas and his wife worked to rehabilitate their house to host guests in 2017. The independent & spacious house, its green garden & its olive trees are situated in the village of Burqin, near Jenin, overlooking green fields. Their homestay contains private rooms and shared rooms with their sons and daughters. Their homestay contains 3 bedrooms, 2 bathrooms, a sitting room, and a kitchen. They can host up to 10 guests. The stay offers free Wi-Fi and delicious Palestinian traditional meals. Their homestay is located close to an agricultural area and has a nice outdoor yard to enjoy your evenings.

They can be reached at What's app number: +9720599973824, or by email: remahabas20@gmail.com





Arraba's Palaces



Burqin Church



Hikers In Burqin



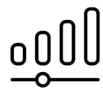
+ 450 m
+ 230 m



4-5 hours

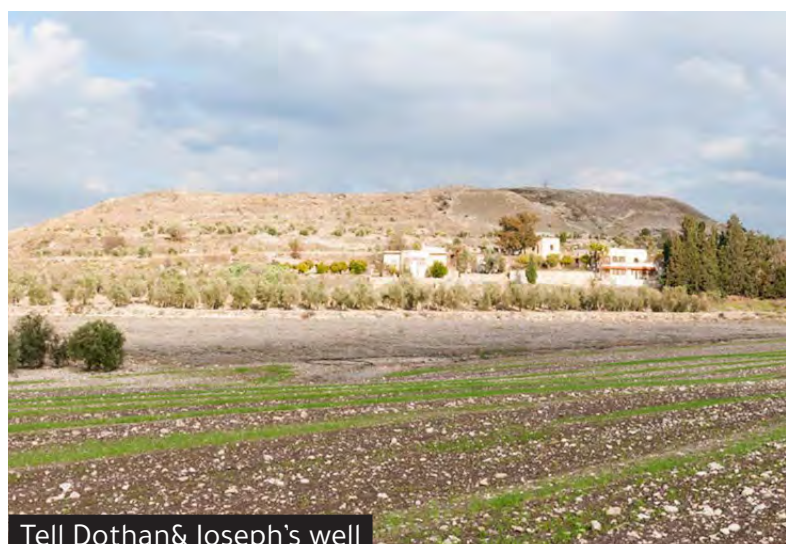


14.7km



Moderate

RECAP OF THE STAGE



Tell Dothan & Joseph's well

Meander between the Olive trees of the area, view the lush agricultural valleys and climb the steep hill to reach the Castle of Sanur.

After exiting Arraba, the trail leads through Palestinian countryside passing next to the site of Tell Dothan or Bir Al-Hafire, as it is called in Arabic (meaning a well of an archaeological site). A gaping stone well harks back to the story of Joseph. According to oral tradition, in those fields his brothers seized him and threw him into a deep cistern, later to be sold to a passing tribe of Egypt-bound, Midianite merchants.

Further on, a gravel path leads through a grove of ancient Olive trees towards a steep hill. Most of the structures seem to be modern and simple, except for one - a compound situated on the peak of the hill -Sanur Citadel.

Points of Interest

Sanur Citadel: Sanur is known as one of the “Throne Villages” from the late Ottoman period that served as centers of control where political and economic elite installed themselves as semi-autonomous rulers. The imposing fortress of Sanur was built around 1700 by members of the Jarrar clan, a Palestinian sheikh’s family that served as rural landlords and tax-collectors on behalf of the Ottoman government in Jenin.



A place to stay

Al- Mardawi Homestay - Arraba

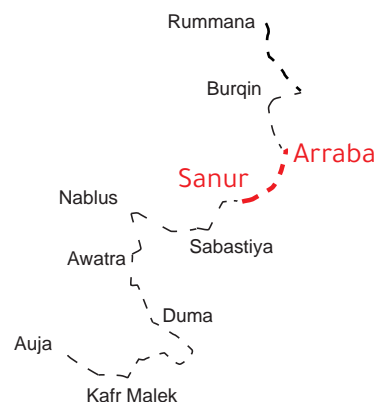
The Mardawi family is ready to welcome guests in their new house. The building consists of two levels, so guests can have their own space on the ground or upper floor. This gives hikers the freedom to choose if they would rather interact more with the family or relax a bit after the demanding hike that they have just finished.

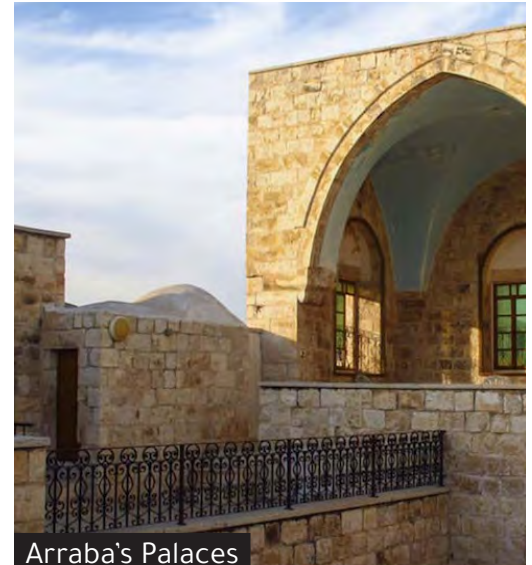
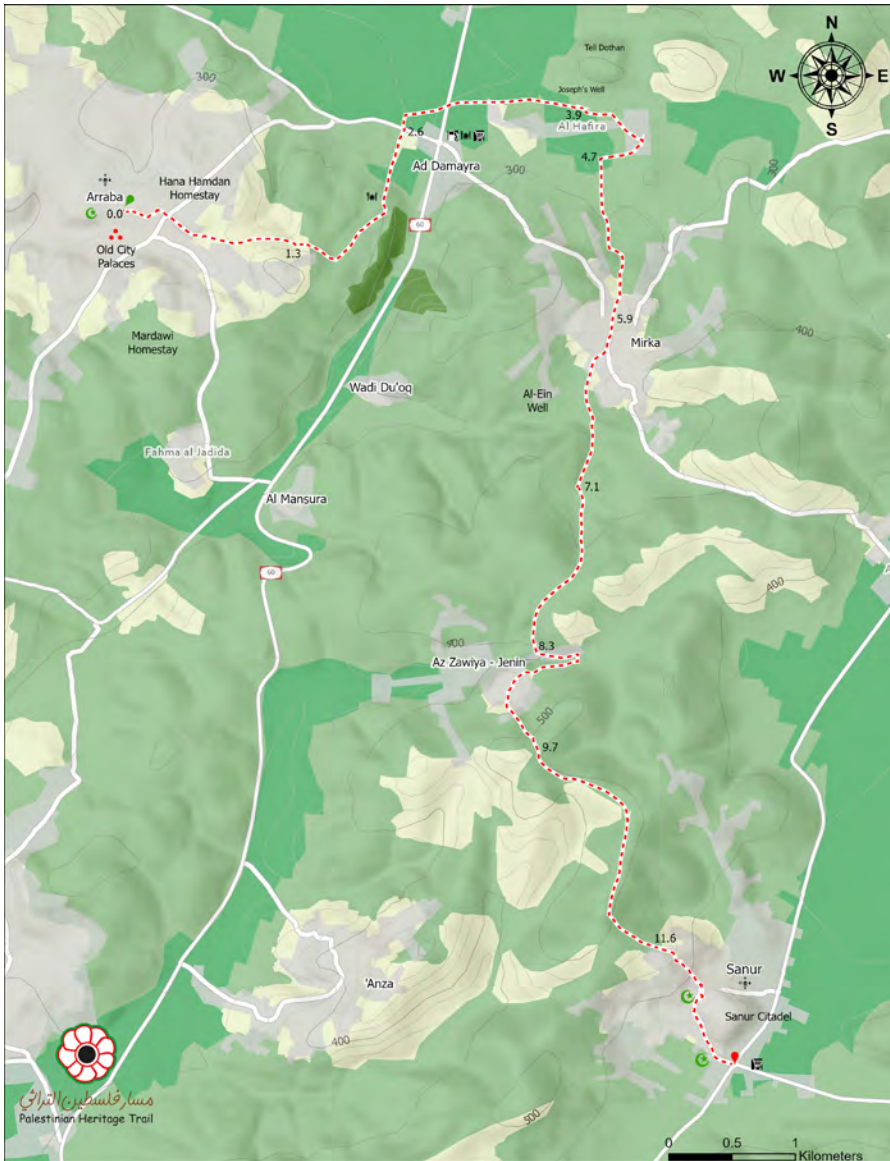
Ayat Mardawi can be reached at What’s app number +970599722591

Rabie Wild Ali Homestay - Sanur

The family consists of 6 members, two of them speak English. The house has two floors, of which two rooms are allocated for guests. Rabie’s family would rather host families.

Rabie Wild Ali can be reached at What’s app number +970599105560, or by email: rabee.wildali1@gmail.com





+ 530 m
+ 250 m



4-5 hours

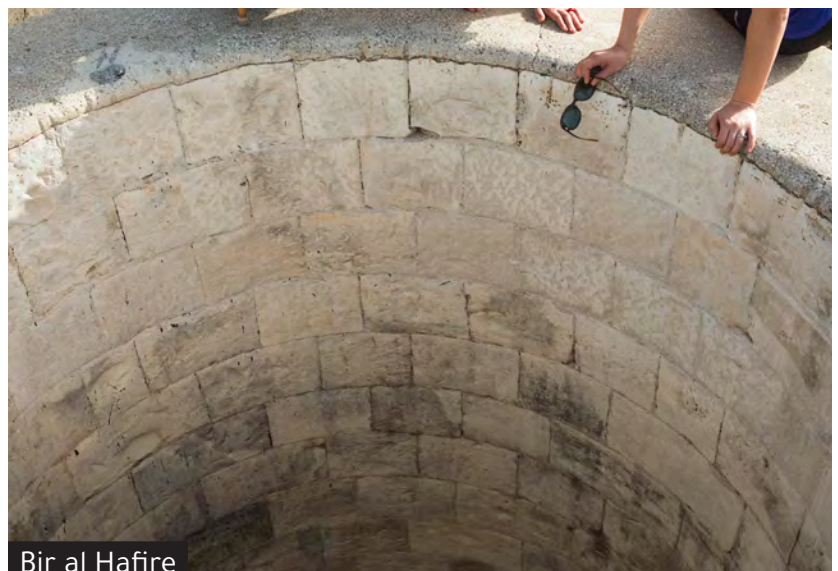


12.7km



Moderate

RECAP OF THE STAGE



Bir al Hafire

This demanding hike will take you through the most interesting places of the region. Sabastiya is a home to great archaeological and architectural treasures.

The hike between Sanur and Sabastiya involves a good deal of climbing and is more difficult than most other treks in the area. Nevertheless, the stunning views on the picturesque hilltops are an excellent reward for the climbs.

Hikers in many parts of Palestine will quickly become familiar with the sight of maqams (Arabic plural: Maqamat). These small buildings, perched on hilltops, are physical or symbolic tombs of Islamic holy men. Sometimes standing intact, sometimes lying in ruins, these structures have been sites of prayer and local pilgrimage throughout history.

There are two ruined shrines on the Palestinian Heritage Trail between Sanur and Sabastiya - one on Mount Bayazeed and one on Mt. Hureish. Both are high and remote and provide long views and windy isolation as a reward to anyone who makes the trek. While few pilgrims still come to pray on these mountain tops, the walkers and shepherds who visit can still find their ancient appeal.

Towards the end of the hike, nestled among the hills just north of Nablus, the historic village of Sabastiya comes into view. The place offers guests a quiet, quaint, and beautiful resting place, where they can meander through thousands of years of local history.

Points of Interest

Sabastiya: The village takes its name from Sebaste, the city founded in 25 BC by Herod the Great. Here, against a stunning backdrop of rolling hills and valleys, visitors can explore the sprawling ruins of the elaborate Herod's Temple built for Augustus, as well as ruins of a Roman stadium, theater, and colonnaded forum. The site also includes ruins of a Byzantine church located on a site associated with the discovery of Saint John the Baptist's head. The Mosque of the Prophet Yahia (John in Arabic) also marks Sabastiya's connection to the religious figure. Originally a Byzantine church, the structure was rebuilt by the Crusaders in the twelfth century and then transformed into a mosque.

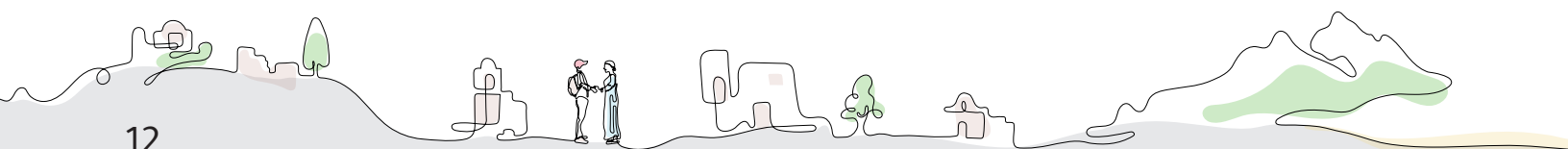
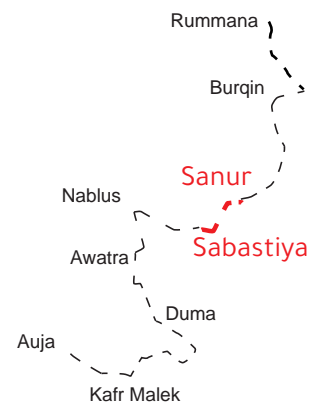


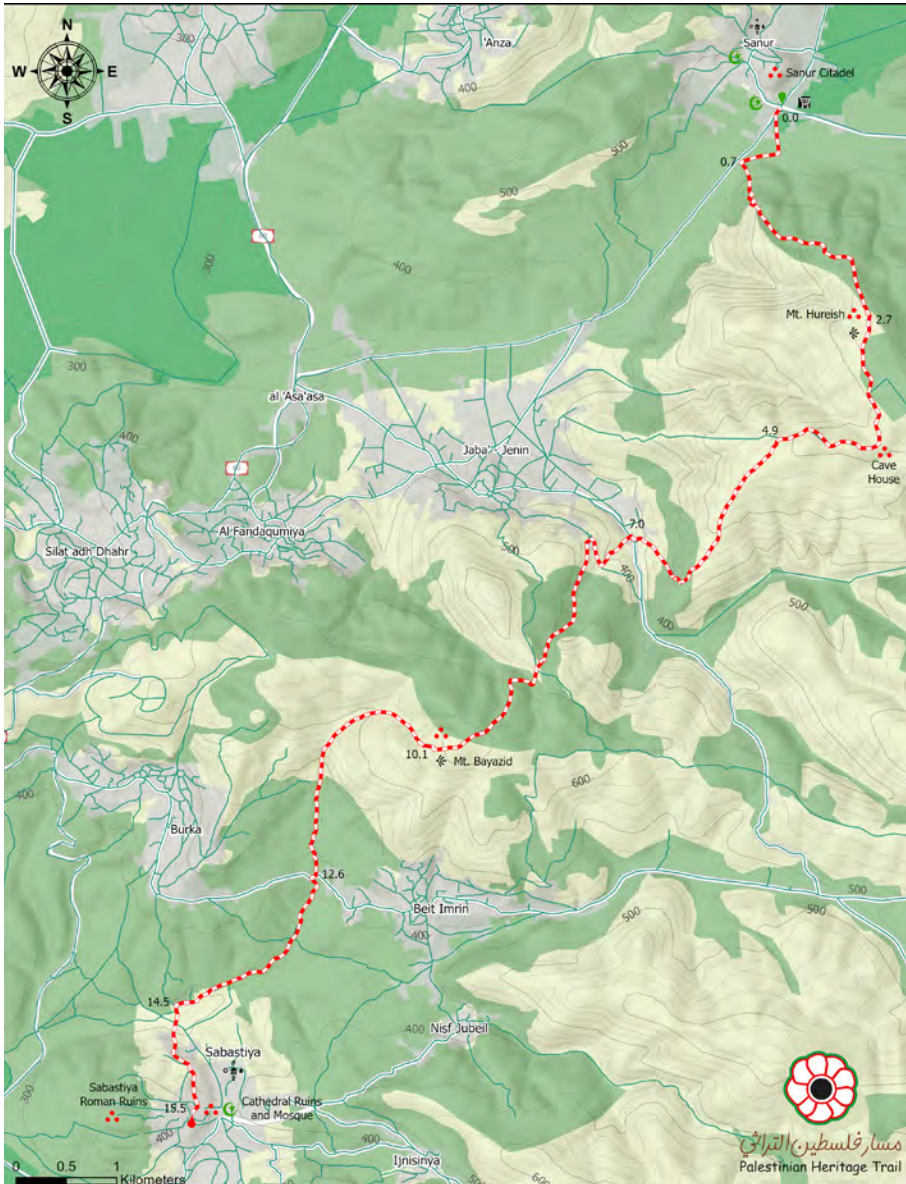
A place to stay

Sabastiya Municipality Guesthouse:

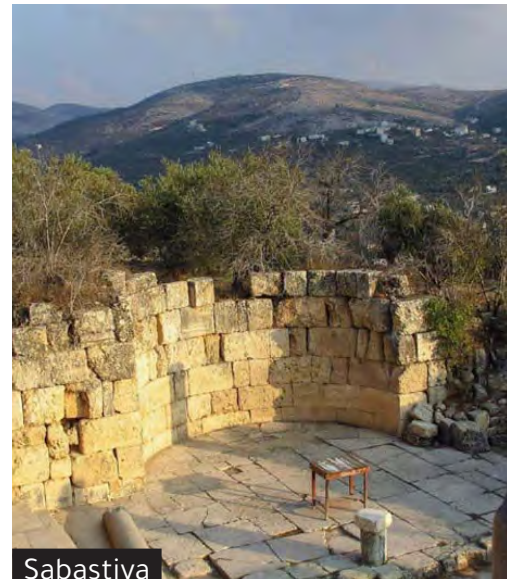
The guesthouse, is the best choice for those who are looking for a weekend in the Palestinian countryside, next to spectacular archaeological finds and the tomb of John the Baptist. Friendly service and cozy rooms welcome you to the Sabastiya Guesthouse. Your stay in the village directly contributes to the conservation of Palestinian cultural heritage and economic and commercial development of Palestinian rural communities.

They can be reached at What's app numbers: +972 9-253-2545\ +972 599 789 631.





Ruins in Sabastiya



Sabastiya



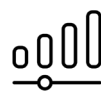
+750 m
+ 300 m



5-7 hours



15.5km



Difficult

RECAP OF THE STAGE



From Sanur to Sabastiya



Experience the unique atmosphere of the famous city, Nablus. Indulge yourself in the tastes and fragrances of its Old City markets.

Starting from the hilltop ruins of Sabastiya named Sebaste in honor of the Roman Emperor and sponsor of the city's renovation - the trail wanders along dirt roads through lemon orchards before ascending to the shrine of Sheikh Shaleh, originally a fortress strategically located to monitor traffic through the region.

Leaving the shrine, the trail continues along a ridgeline through highland fields and farms in the direction of Mt. Ebal, the biblical "Mountain of Curses," which is located on the North side of Nablus, opposite Mt. Jerizim, the "Mountain of Blessings." Before reaching Mt. Ebal, the trail descends into the city of Nablus, nestled in a deep valley between Mt. Ebal and Mt. Jerizim.



Points of Interest

Sheikh Shaleh Shrine- near An-Naqoura village: A 17th-century Islamic leader whose name in Arabic means flame, is situated on one of the hills Southeast of Sabastiya. Legends say that he used to teach his followers there at night and that no source of light was needed as his sacred words illuminated the assembly. While the structure is a reconstruction, the lintel (recycled from the Byzantine era) bears a Greek inscription mentioning the bishop of Sabastiya who built a sanctuary honoring the Prophet Elijah here.



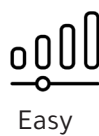
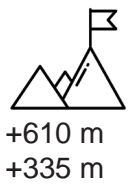
A place to stay

Al-Yasmeen Hotel- Nablus:

Located in the downtown of the City of Nablus, in the commercial center adjacent to the northern entrance of the historically famous Khan Al Tujar where stores are still lively with shoppers from all over Palestine. Al-Yasmeen Hotel is a place where history reveals itself in a modern context without compromising the spirit of the past. In designing Al-Yasmeen, the owners were extremely keen to restore the existing six hundred years old building using Eastern architectural designs that reflect the spirit of the architectural multiplicity of the Old City of Nablus.

They can be reached at What's app number: 0097292333555/ or by email: Info@alyasmeen.com and Managment@alyasmeen.com





RECAP OF THE STAGE



Walk from a village to a village, encounter the stunning views of the Jordan Valley in the background.

Awarta, one of Nablus villages that is famous for its well-known Olive Oil, in addition to its almonds, grapes and lemons.

Awarta means invisible or hidden in the ancient Syriac language, is a home to several Maqams, an Arabic word referring to a Sacred place, Shrine or Tomb. From Awarta the trail leads out of the village following a ridge with expansive views of the surrounding hilly countryside. Halfway between Awarta and Aqraba sits Mt. Arma or Orma, whose name means pile of wheat. Remains of an ancient - likely Roman - watchtower and spacious cisterns cut into the mountain's face can be found.

A few kilometers ahead, the trail passes through Aqraba, (Scorpion in Arabic), according to oral tradition, the name came from Canaanites who compared Aqraba's inhabitants' strength to that of Scorpions. From Aqraba, the route takes hikers along the rim of the Jordan Valley with incredible views of Jordan and Al-Qarn (or Sartaba), an ancient mountain-top fortress. Continuing through the village of Majdal Bani Fadil, the trail ends in Duma, a Palestinian village whose name comes from the Canaanite word for quietness or rest.



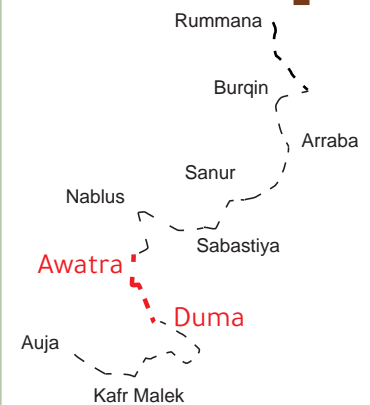
Points of Interest

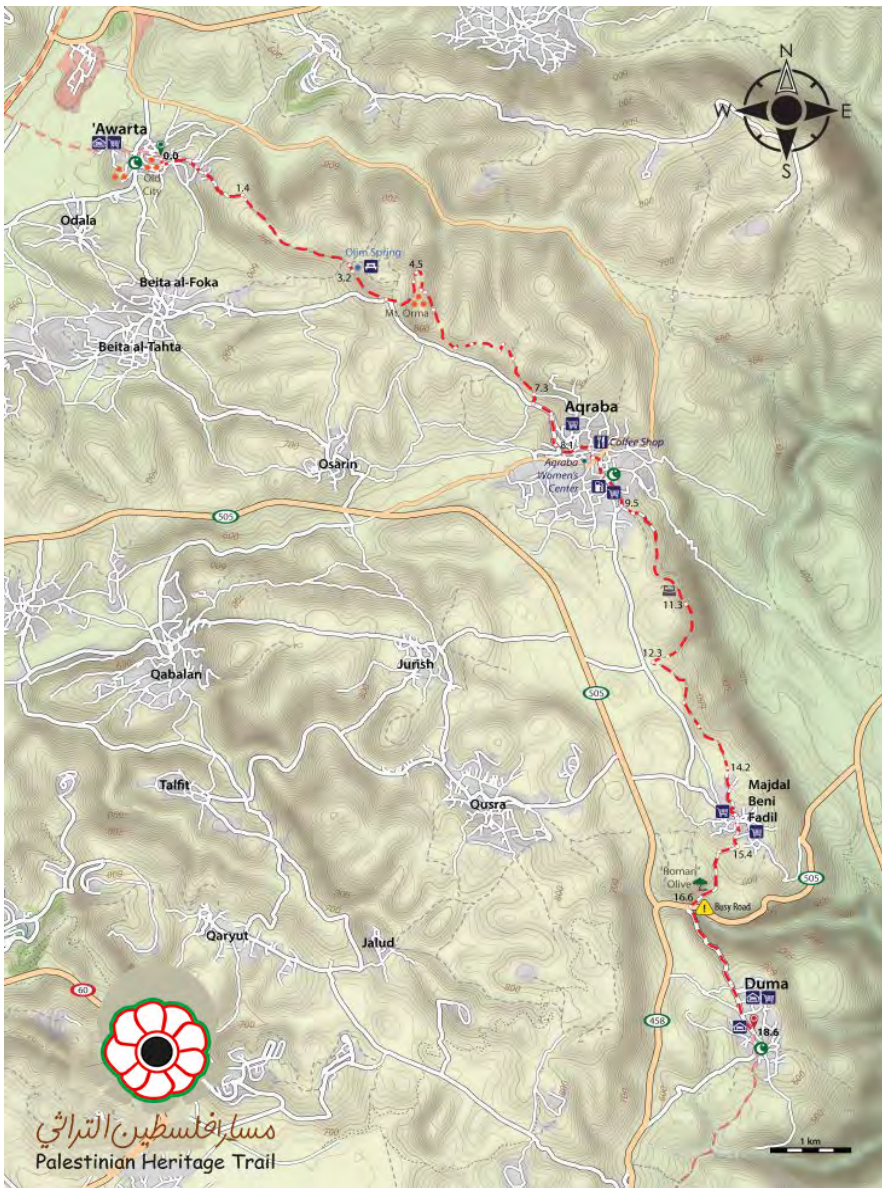
The Roman Pool in Aqraba: The Roman pool of Aqraba served as a cistern for collecting water, is in the center of the village marked with a sign in Arabic. The site is currently located on privately owned land but can be accessed by a gate (usually open) just next to the sign. Old Islamic tombs can be seen on the way to the pool. Nowadays, the function of this ancient pool, constructed with irregular stone blocks, has changed - it now serves as a neat enclosure for the owner's cattle.

Ahmad Al-Hamza Shrine: A Sufi Shrine: dedicated to Sheikh Ahmed al-Hamza, traditionally called "The Master of Knowledge", is located on a road west of the old Aqraba. In the past, on every religious holiday, people used to organize processions to the site, where they gathered to read the Quran and pray for prosperity of their crops.

Maqam Nabi 'Uzeir: is located approximately half a kilometer west of Awarta village. A dirt road towards the shrine leads up through a meadow, covered with colorful flowers during the springtime. The area can be accessed through an arched portal. An old carob tree gives some shade to the peaked, pyramid-like shrine. Muslims attribute the maqam to the Prophet (Nabi) 'Uzeir. However, a Samaritan tradition states that it is the burial spot of Eleazar, the third son of Aaron, brother of Moses (Nabi Musa in Arabic).

Mount Arma or Urma: which means "Pile", is a high mountain of around 850 meters located in the middle of the section of the Palestinian Heritage Trail connecting the villages of Awarta and Aqraba. The fortified structure of Khirbet al-Arma is worth the climb to the mountain's peak. Remains of an ancient tower (probably Roman) can still be seen in its southern part. Remains of rock-cut reservoirs (spacious cisterns) and pottery fragments have been found there.





Mount Arma



Maqam Nabi 'Uzeir



+830 m
+550 m



5-7 hours



18.6km



Moderate

RECAP OF THE STAGE

The name Duma means calmness. Indeed, when you pass through this agricultural village its peaceful atmosphere fascinates you.

Leaving Duma, the trail winds through Wadi Diba' (Wadi of the Hyenas) and through several pleasant olive orchards on its way to Mughayir, a Palestinian village whose name means, roughly, the changing one, due to its location on the border between the arid climate of the Jordan Valley and the Mediterranean climate of the Palestinian highlands. Descending from Mughayir to the Ein Samia Valley (Samias' water Spring), the trail passes the remains of Roman aqueducts and Byzantine mosaics on its way past Ein Samia before ascending a tight, rugged wadi on the way to Kufr Malek. There, after a long climb, hikers are rewarded with spectacular views of the surrounding area.

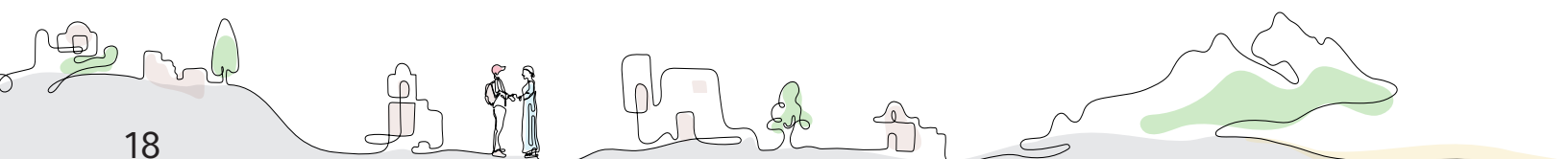
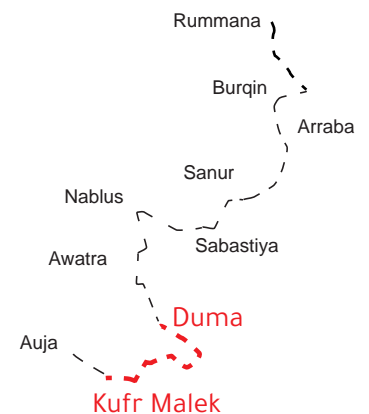


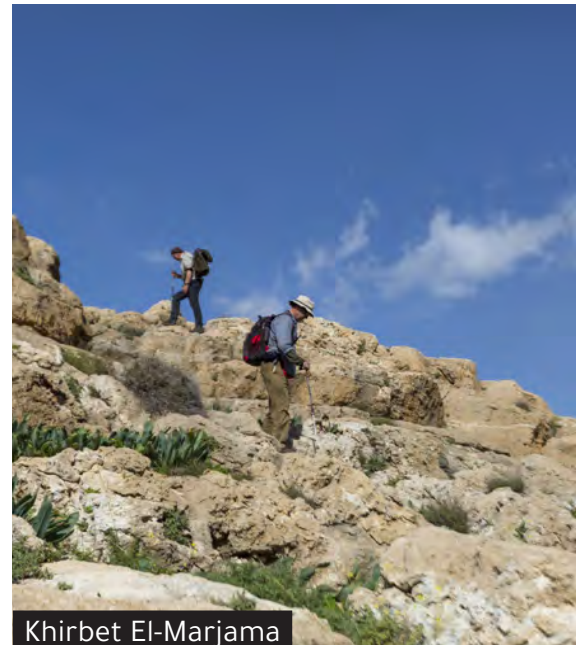
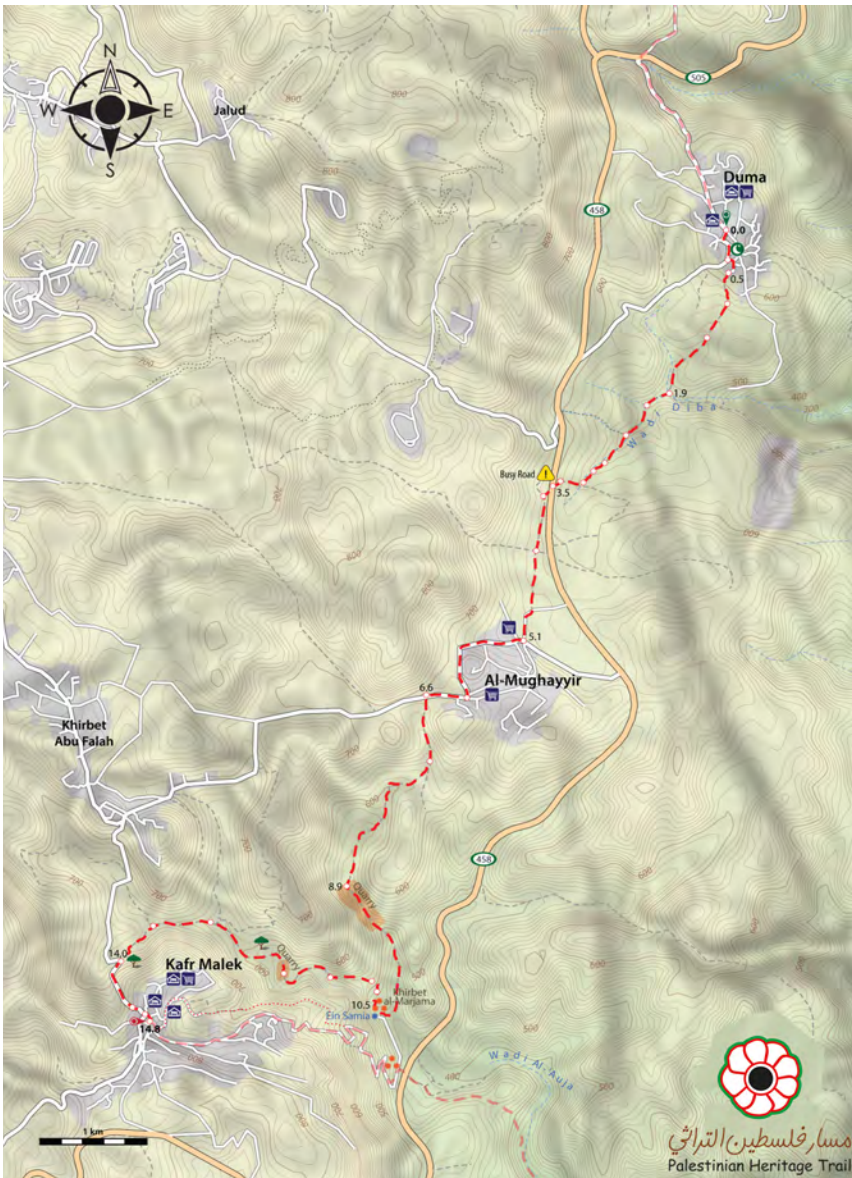
Points of Interest

Al-Qarn Hill (Sartaba) A hill that can be seen while hiking along this segment. It is nowadays called Al-Qarn, meaning "The Horn" in Arabic, can be spotted behind the Olive groves of the villages, looking east in the direction of the Jordan Valley. Its name comes from the shape of the mount, which resembles a horn. The ruins of Alexandrium (or Sarbata) can be found at the top of the hill. It is named after Alexander Jannaeus, a Hasmonean king (103 - 76 BC) who probably built the stronghold as both a military garrison and a jail. Later, the fort was restored by Herod the Great. It finally became the burial site of Alexander and Aristobulus, the two sons of Herod, whom he had executed in Sebaste (Sabastiya) in 7 BC. The site was destroyed during the first Revolt against Romans (66-73 AD).

Ein Samia valley is one of the oldest settled regions in the world. With 7000 years of history, the region has been inhabited by different groups such as the Canaanites and Romans. An extensive cemetery covers the archaeological sites of Khirbet Samia, Al-Qibat and Dhar Mizbaneh. The sites also display mosaic floors, foundations and remains of buildings, a reservoir, caves, and columns. The famous Ein Samia Silver Cup, dating back to Middle Bronze Age, 2300- 2000 BC, was discovered in one of the shaft tombs at al-Qibat. In the area can also be found impressive remains of a Byzantine monastery Al-Qasr that includes a chapel, a crypt, rooms, and a cistern. Ein Samia Valley differs from its surroundings in its great fertility, arable land, and water resources.

Khirbet Al-Marjem The site of Khirbet Al-Marjem is believed to have been the village associated with the cemetery. Overlooking the valley and the spring at the edge of a slope, the site dates to the Iron Age, and even the Bronze Age, back when a fortified city existed. Remains of buildings, reservoirs, and canals as well as a Byzantine church with a mosaic floor can still be seen.





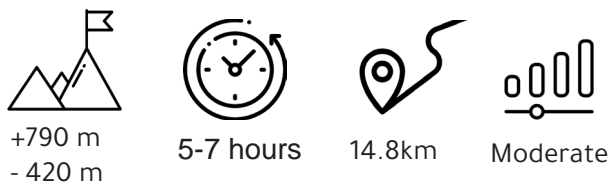
Khirbet El-Marjama



Al-Qarn Hill (Sartaba)

A place to stay

Massada Mu'adi Homestay:



RECAP OF THE STAGE

Sharing the beauty of her home and village with guests is one of Masada's greatest sources of happiness. "I like making my home a warm and beautiful space that is welcoming for everyone," she says. "I go by the Arabic mantra for a joyful life". It says, "Water, greenery, and a kind face are what one needs to make a picture complete". Water - because it is the base of life; green, like my garden - because it calms the soul; and a kind and friendly face - because it makes for good companionship. I hope that when people come to my house, they can experience these things. But most of all, I am creating this for my family and sharing it with the world in the hope of setting an example for how life can be so much more wondrous with just a little bit of love.

Masada can be reached at What's app number: +970597945403

Experience one of the most stunning valleys of the area and admire its natural richness.

Following a small road from Kufr Malek, the trail zigzags down a hillside riddled with the remains of Roman cisterns and graves on its way to the Ein Samia Valley. After reaching the valley, the trail crosses a larger paved road and continues past the fields of Za'tar before following a path out of the valley bottom past the remains of an old Byzantine era church.

After crossing a ridge, the route drops down into Wadi Al-'Auja, a deep, rugged wadi that runs from Ein Samia down to Ein al-'Auja (Al-'Auja water Spring) in the Jordan Valley. Wadi Al-'Auja is home to an impressive array of plant life as it descends from the higher elevations of the Palestinian highlands to a point around 50m below sea level at Ein Al-'Auja, a popular, local picnic spot.

From Ein Al-'Auja, the trail follows the wadi and ancient Roman aqueducts, used divert water from Ein Al-'Auja to Jericho, past the ruins of a Byzantine church and onto the Al-'Auja Bedouin community.



Points of Interest

The Mill: located next to Ein Samiya water spring. It was used along the aqueduct water for grinding grains.

A place to stay

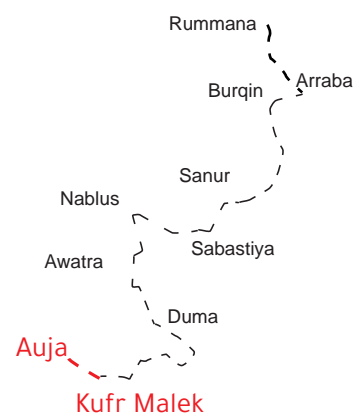
Ali Abu Kharabish bedouin Tent- Al- Auja:

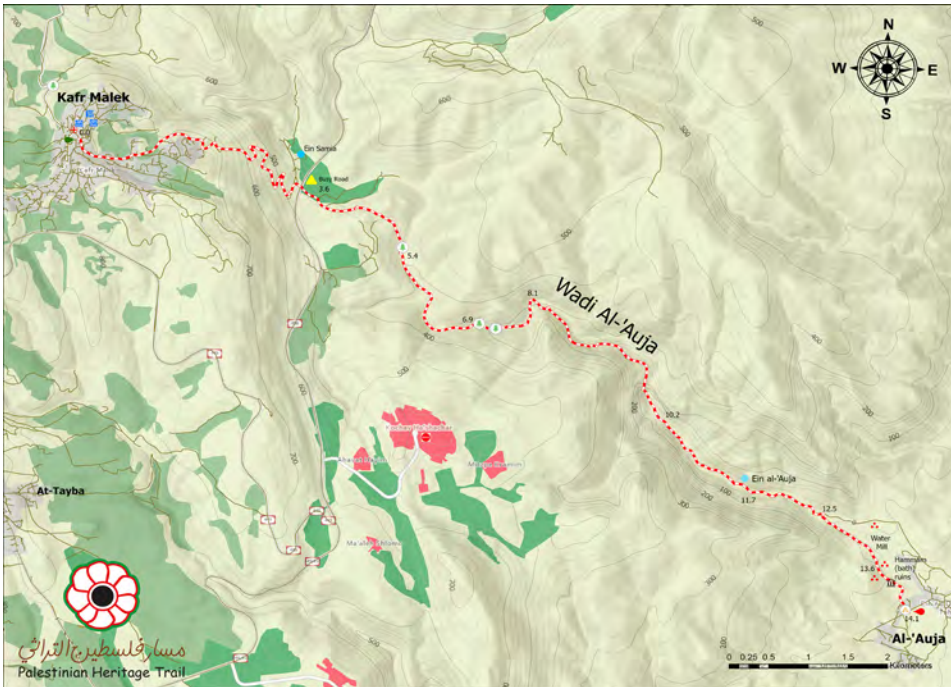
Ali and his wife warmly welcome hikers and travelers on the PH Trail. They make sure to preserve their Bedouin roots and traditions inherited several years ago and highlight and introduce them to guests through their work. The tent is located along the Al- Auja River and was established in 2007. It can accommodate up to 35 people with facilities for tourists such as internet and showers. The family also provides many of the Palestinian meals, such as (Mansaf, Qedra or, Musakhan) and evening barbecues.

Ali Abu Kharabish can be reached at What's app number: +970 597427434.



Bedouin Girl

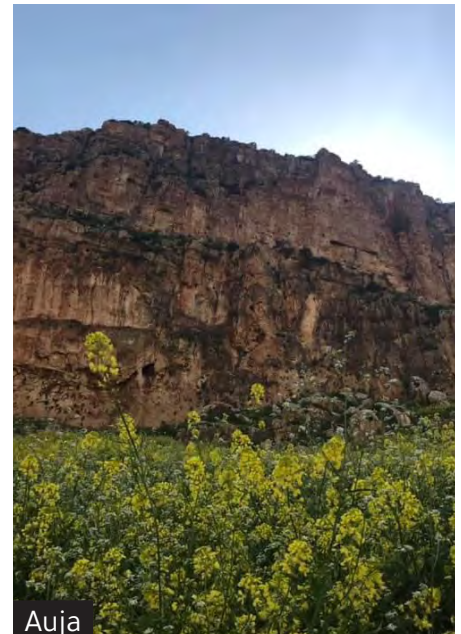




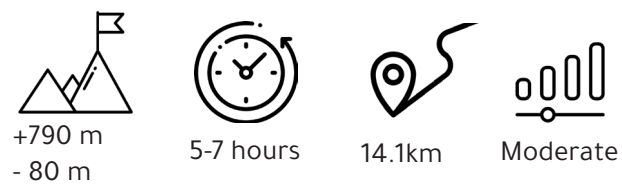
Trail way markings



Kufr Malek



Auja



RECAP OF THE STAGE



Hikers from Kufr Malek to Auja

Jericho, one of the oldest cities in the world, with its calm atmosphere and rich heritage is a true Oasis to all walkers. The section begins in an area of spacious plains in the Jordan Valley and passes by the tents of the Bedouin community of Wadi Al-'Auja. The trail then arrives to Jericho. Walkers can enjoy a visit to the Mount of Temptation, Tell Es-Sultan, and the winter Palaces of Hisham and Herod the Great.

Nearby Jericho, members of the Aqbat Jaber Refugee Camp Women's Center invite hikers for warm home-cooked meals and offer overnight stays at one of its kind Mudbricks Guesthouses. There hikers can also stamp their passports.

Points of Interest

Al-Auja Village: The establishment of the village dates to the Roman period. The site has numerous archaeological remains related to the different civilizations that succeeded one another in this area since Antiquity.

Among these are the irrigations canals built during the Early Roman period (1st century BC - 1st century AD) which delivered water from Al-Auja source to remote areas.

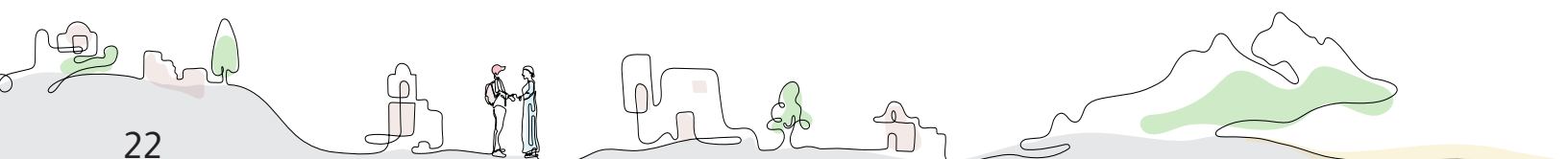
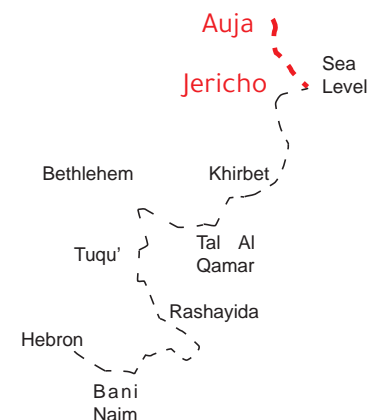
Almost half the population is composed of Bedouin, amongst who only 50% are still living as pure nomads. Other inhabitants settled down there and became sedentary a long time ago. Almost 25% of them are refugees who arrived from villages destroyed by Israel during the war of 1948.

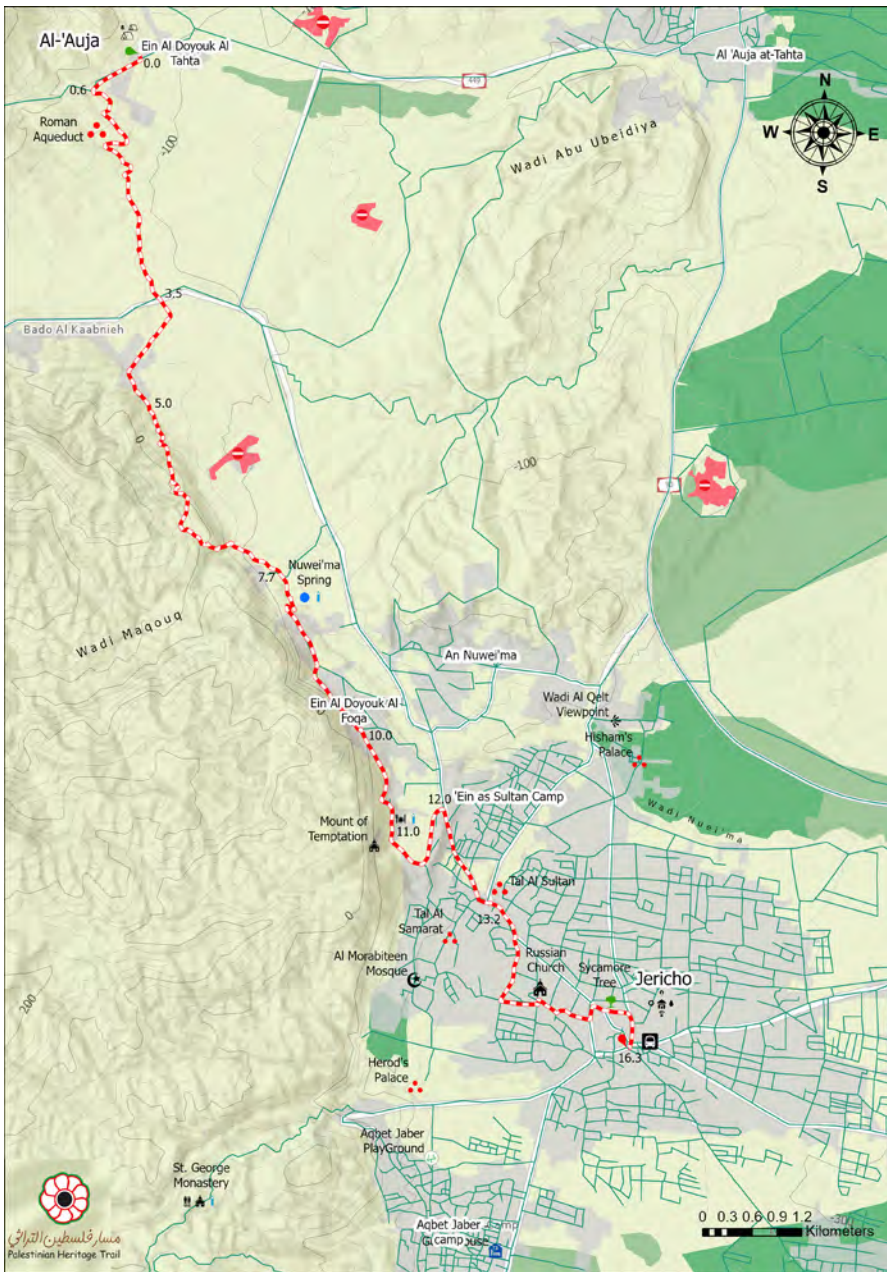
Jericho City: One of the oldest cities people inhabited due to the richness of the land in the Jordan Valley. Also, Jericho contains a lot of exceptional historical elements. Don't miss riding bicycles there!

Tell Es-Sultan- Jericho: is the archaeological site of the ancient city of Jericho, where excavations date back to 9600 - 7700 BC, making Jericho a contender for oldest continuously inhabited city in the world.

Monastery of the Temptation (Mount of Temptation)- Jericho: The summit of the Mountain of Temptation rises sharply 350 m above sea level commanding a magnificent view of the Jordan Valley. The 30 to 40 caves on the eastern slopes have been inhabited by monks and hermits since the early days of Christianity. It is the site where Jesus spent 40 days and nights fasting and meditating during the temptation of Satan. A monastery was built in the 6th century over the cave where Jesus stayed. The Trail leading to the monastery is very steep and difficult to climb but is well worth the walk.

Tell (hill) of Es-Samarat: is a hippodrome-theatre dated back to Herod roman era.





Aqueduct in Auja



Hisham Palace



+ 20 m
- 250 m



3-5 Hours



16.3Km



Moderate

RECAP OF THE STAGE

People to meet

Al-Auja Women Center:

A few kilometers south of the center of Jericho is the Women's Center in Al-Auja. Chairwoman, Lubna Massaid will gladly meet you at the offices of the Sultan Company for fresh fruits where she also works. At her office, Lubna explains with enthusiasm the various projects and products of the center, among them dried herbs, embroidery, wool products, and baskets. She introduces Nada Etiaf, basket maker, who has with her a bag of dried Banana leaves, the raw materials for basket making in Al-Auja.

Lubna Massaid can be reached at What's app number +972568359982

Follow this beautiful hike that leads through the picturesque Wadi El-Qelt and view Deir El-Qelt (St. George's Monastery), clinging on the side of the rocky canyon.

It is a long and beautiful hike that leads through the picturesque Wadi Qelt where walkers will have a chance to discover the ruins of King Herod's Winter Palace and then see the clinging to the side of the rocky canyon Deir El-Qelt (St. George's Monastery). The view transports visitors to the 4th century when the earliest desert-dwelling monks sought lives of faithful seclusion.

The road becomes easier as it leaves the Monastery and heads towards the Roman Aqueduct - another spectacular landmark located along that section of PH Trail. The trail then passes through the remote lands and the wilderness of the Jordan Valley, to lead to the historic road from Jericho to Jerusalem and reach the Bedouin's camp located exactly at the Sea Level.



Points of Interests

Sycamore Tree/ Zaccheus Tree- Jericho: It is said that Zaccheus was one of richest tax collectors who climbed the tree to see Jesus Christ where Jesus asked him after that to climb down then he invited Jesus to his house.

The ruins of Herod's Winter Palace: Dating back to the late Hellenistic early Roman period, built on a small hill on two water banks.

El-Qelt Valley/ Wadi El-Qelt : A great valley where Saint Georges' monastery is located. There, you can see water aqueducts dating back to Herod's period. Many of these aqueducts are still used until now.

Saint George Monastery: is located on the hills of El-Qelt valley. The monastery dates to the end of the 5th century where monks inhabited small caves there. The historical story related to this monastery refers to the visit of Elijah to the Sinai Peninsula, and St. Joachim, whose wife Anne was infertile, weeping here when an angel announced to him the news of Mary's Conception. This monastery was rebuilt between the years 1878 - 1901.



People to meet

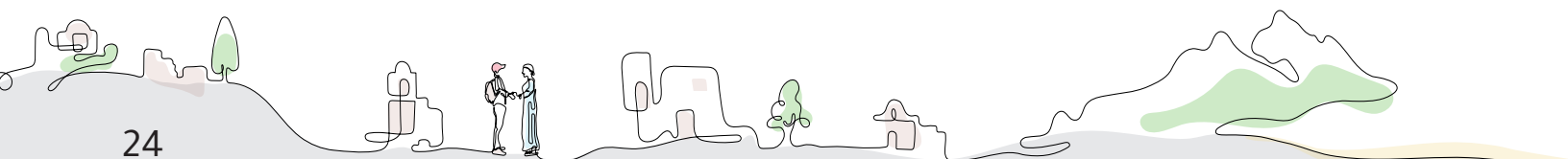
Aqbet Jaber Women Center Intisar Al-Akhras and Jamila Abu El Asal warmly greets you as you come through the gates of the Women's Center in the Aqbat Jaber Refugee Camp. Outside in the courtyard you will see the impressive "Mud House", a guesthouse built in the traditional method for houses built from local materials in a time-honored way and style. The "Mud House" is a guesthouse operated by the ladies of the Woman Center; hikers on the Palestinian Heritage Trail are frequent guests, as well as others who travel to Jericho to experience the re-known moderate climate of the Dead Sea region, its history, and abundant fruit production (bananas are a specialty!).

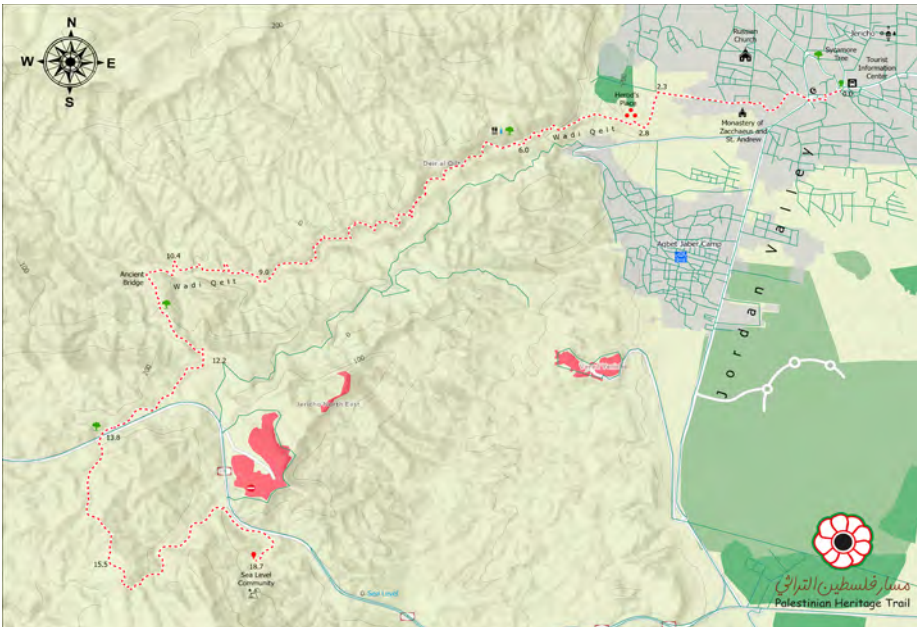
Intisar Al-Akhras can be reached at What's app number: +972598715098.

A place to stay

Auberg-Inn Guesthouse- Jericho is a guesthouse located at the plain of the Mount of Temptation in the historical city of Jericho. The property offers accommodation to individuals and groups of travelers in a two-floor Arab family house built in 1961.

Contact Auberg-Inn at What's app number: +970568966010 or +972523500041.





Wadi Qelt



Palace of Herod



Saint George Monastery



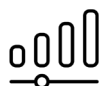
+275 m
-255 m



5-7 hours



18.70km



Difficult

RECAP OF THE STAGE



Palace of Herod

This journey follows through large uninhabited landscapes, filled with beautiful panoramic vistas.

This section of the trail begins at the desert sanctuary of Nabi Musa, dating to the 13th century, that is remembered as the last resting place of prophet Moses in the Islamic history. The site consists of the tomb and a mosque, and a spacious compound built around them.

The trail continues in a deep valley along an old pilgrim route. From the mountain which overlooks Jericho, and the Dead Sea hikers can view magnificent descending landscapes. Along the trail hikers will meet Bedouins with their camels and sheep. At the end of this section, awaits Khirbet El-Mird (Hyrkania in Greek), the mysterious fortress commonly attributed to the Hasmonean leader John Hyrcanus, who is said to have built it toward the end of the second century BC.

Points of interest

Khirbet El-Mird- Jerusalem Wilderness: A remain for a Greek Caste dated back to Herod. It was built above an isolated hilltop. This archeological site overlooks a height of about 200 meters of the valley and the Dead Sea. Therefore, the sunrise from above the hill amazes viewers. Besides this archeological site, you can notice a lot of wells, caves, and water aqueducts that their secret hasn't been discovered yet.

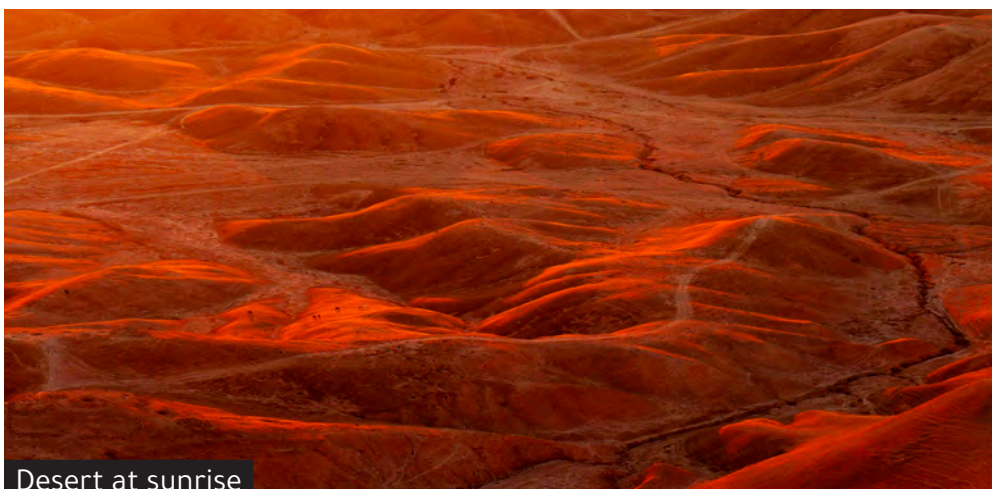
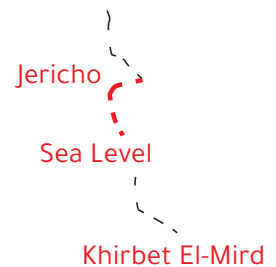
The Sugar Trail: Dating back to Omayyad period (7-8 centuries) but was at its height during Crusader days.



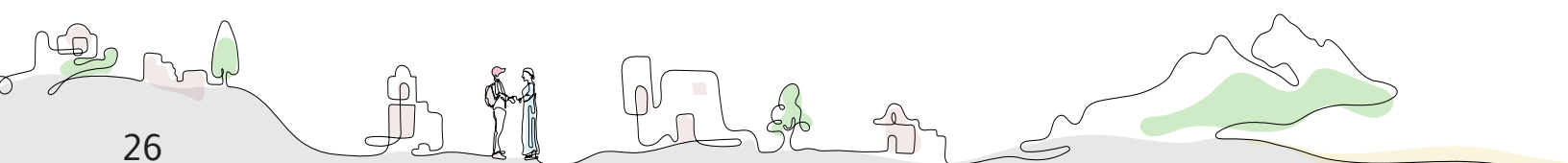
A place to stay

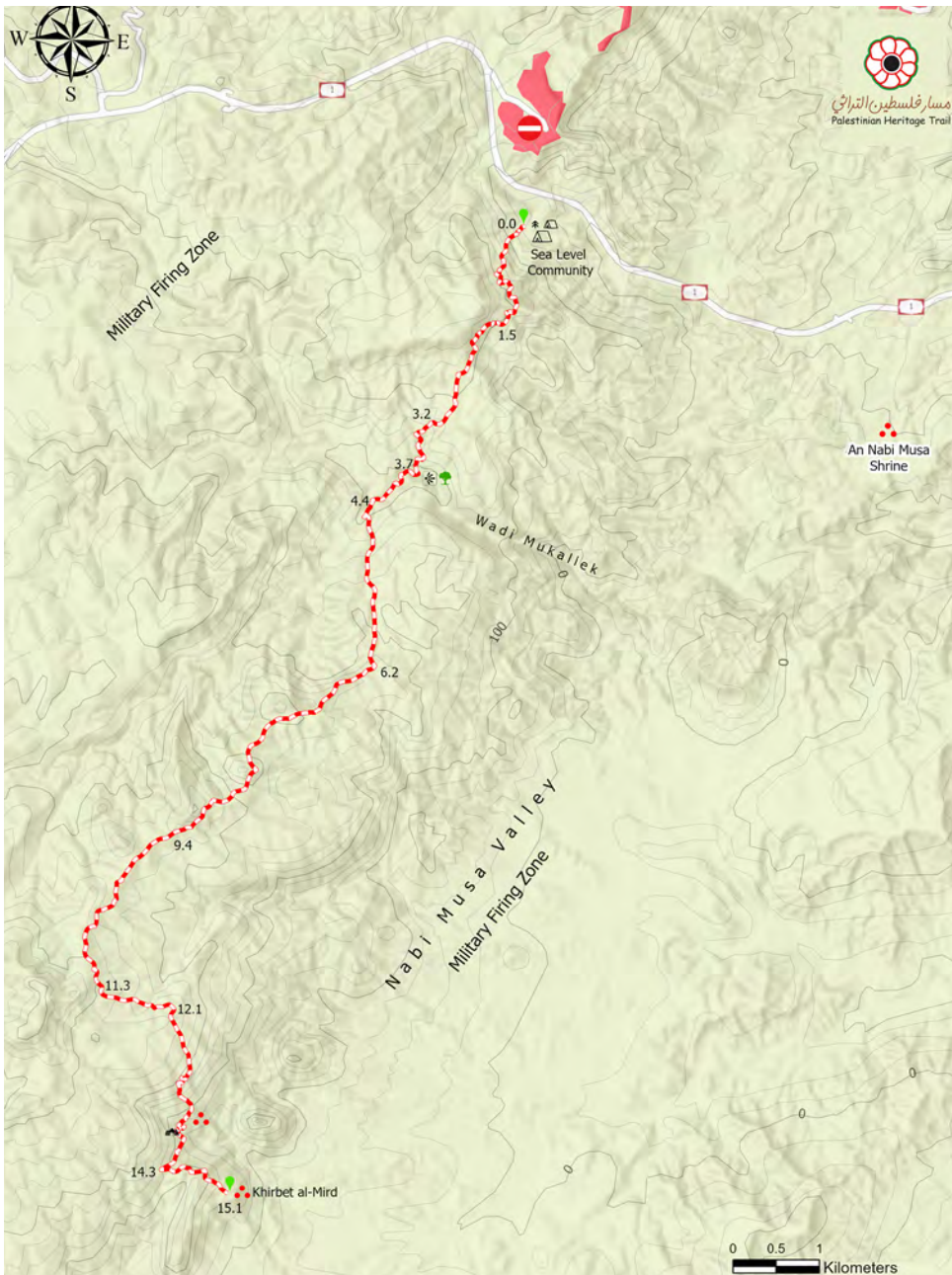
Khirbet El-Mird Cave/Grotto- Jerusalem Wilderness one of its kind caves along the trail that travelers can accommodate at. A unique experience where you walk through candle lights when mother nature calls you.

To enjoy this experience, you can reach Jameel Hamadeen at what's app number: +970542615470.



Desert at sunrise





+420 m
+ 60 m



5-6 hours



15.1km



Challenging

RECAP OF THE STAGE



Tal El-Qamar means in Arabic “Hill of the Moon”, remote from the hustle and bustle of the city life, the place is a perfect spot to watch a full moon and/or stargaze.

The winding trail takes hikers down into the Kidron Valley full of various in size caves that in the Byzantine times were inhabited by monks. There can also be found a spectacular Mar Saba Monastery with a few Byzantine wilderness monasteries matching its serenity and beauty.

The monastery was named after Saint Saba (439-532 AD), who settled in a cave opposite the site to live in complete seclusion. The area is a perfect spot to take a break and enjoy the view and the atmosphere.

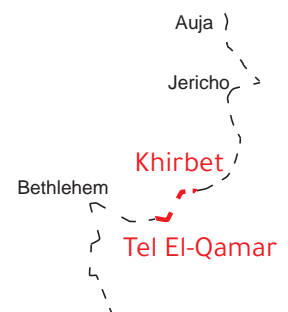
The trail then takes walkers through hills and valleys leading to the Tal al-Qamar area. There, in the middle of the wilderness, can be found a guesthouse with a Bedouin type like lounge where hikes can have a homemade meal, relax and overnight.



Points of Interest

Mar Saba Monastery- Jerusalem Wilderness: A Byzantine Monastery, named after Saint Saba (439- 532 AD)- is one of the oldest and most beautiful monasteries into Palestine. It was built on many levels on Wadi Al- Nar which also contains more than one architectural type. Also, it is one of the minorities of monasteries that was not destroyed containing monks constantly a long time ago. In the Middle Ages, the number of monks in the monastery has reached approximately 5000 monks and later the monastery was under the Orthodox sect's control. Inside the monastery's fences, women have not been allowed to enter for 15 centuries. However, they can enjoy the beauty of the site from outside.

Saint Theodosius' Monastery: Built by St. Theodosius in 500 AD. the monastery is located East of the historic village of Ubeidiya, 12 km East of Bethlehem. A white walled cave marks the burial site of Saint Theodosius, and tradition has it that the wisemen rested here after God warned them in a dream that they should not return to Herod.

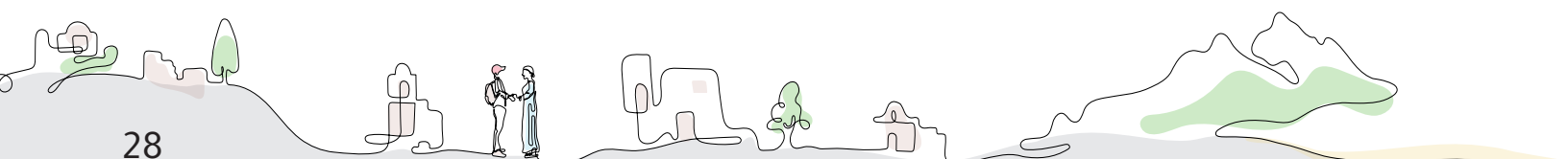


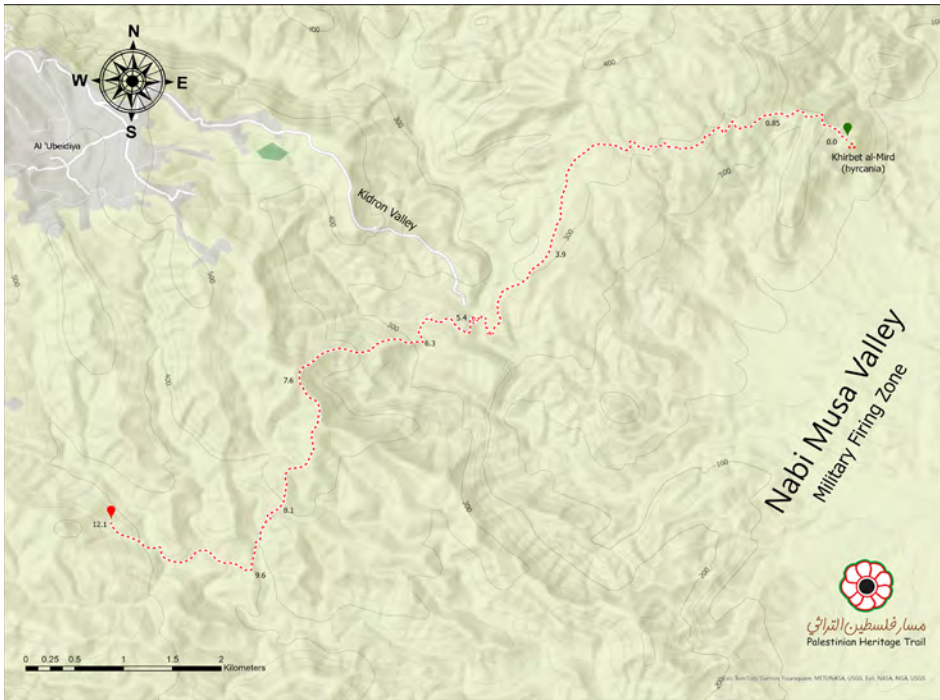
A place to stay

Tel El- Qamar Guesthouse:

In the wilderness of Dar Salah, Tal El- Qamar is in an ideal location, which forms a small Oasis in the middle of the almost serene barren land. It contains two tents each one accommodates up to 20 and a guesthouse (five-bedroom dormitory style) designed to fit the semi-desert environment and can accommodate up to 3 guests for each bedroom.

To book accommodation, contact Ahmad Abu Haneya at What's app number: +970597903500





Jerusalem Wilderness



Jerusalem Wilderness



Jerusalem Wilderness



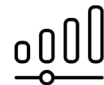
+490 m
+ 180 m



4-5 hours



11.20km



Challenging

RECAP OF THE STAGE



Mar Saba

The trek starting at Tal El-Qamar will lead across the serene landscapes of the Jerusalem Wilderness towards the famous Bethlehem.

On the way, hikers will climb some rocky hills but will also have some time to sit, close their eyes, and feel the relaxing atmosphere of the surrounding space. After leaving the Bedouin desert, the trail will take walkers step by step through rural Palestinian life.

Here you will discover the meadows and serene villages. The more urban life awaits in Beit Sahour and Bethlehem, the place of Jesus' birth. There are many historical and sacred sites to visit such as the Church of the Nativity, the Milk Grotto, and the Shepherds Fields.

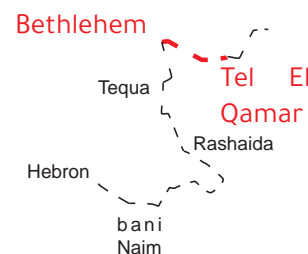
Points of Interests

Virgin Mary's Well Beit Sahour: Is considered one of the oldest wells and the most important in the city center of Beit Sahour where it is said that the Prophet Jacob, son of Prophet Isaac (son of Ibrahim) is the person who dug the well, also it is said that while the Holy family is traveling to Egypt, Virgin Mary, passed by the well and was thirsty and asked a lady to give her water to drink but the lady refused so miraculously the water of the well overflowed and reached to Virgin Mary who took sips of it. It is believed that this well has witnessed more than just one miracle.

Bethlehem: The city of Bethlehem is Holy to Christians; it is acknowledged as the birthplace of Jesus Christ. The city itself has a long pre-Roman history documented first in the 14th century BC in the Amarna letters. Archeological evidence from the chalcolithic period, Bronze and Iron ages show that the earliest human presence was on the eastern slopes of the city central hill and in the middle of the fields of Beit Sahour.

The Church of the Nativity: The oldest church in Palestine that is still in use. The original was constructed under the patronage of Constantine mother Helena who came on a pilgrimage to Palestine in 325 AD to investigate the sites associated with the life of Jesus Christ revered since the early days of Christianity.

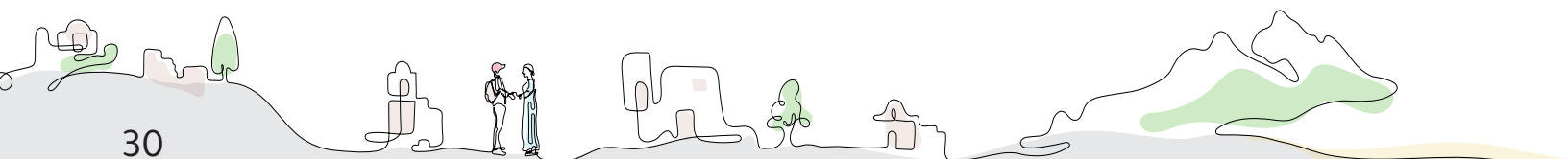
Milk Grotto Chapel: Is located a few minutes of walking from Manger Square which is a grotto that contains a small Franciscan church. According to tradition, the milk grotto is where Mother Mary nursed baby Jesus when hiding from Herod's soldiers before going to Egypt. Located to the southeast of Basilica, it is an irregular grotto hewn out of soft white rock, it is believed that some drops of Mary's milk fell onto the rock turning it white. Revered by Christians and Muslims, the milk white rock is known for its healing power and reputed ability to make nursing easier for women.



People to meet

Dar Salah Women's Association: Focusing on women and community empowerment and targeting children, youth, poor people, and special needs. There are some activities such as summer camps, recreational activities, and field visits to kindergartens.

The Women Association can be reached for more information and arrange a visit, contact Jawaher Salah at What's app number +972599294244 or by email: g_m-kh@hotmail.com.



After a visit to a World Heritage Sites recognized by UNESCO, the Old City of Bethlehem, and The Nativity Church, follow the fertile valley of Artas towards Tuqu'.

Starting at Manger Square in Bethlehem you will discover springs and aqueducts in Artas and many cultural and architectural places of interest.

You may want to stop here and have a lunch at the Women's Center in Artas. As you approach Tuqu' you will pass through a fertile valley.

Points of Interests

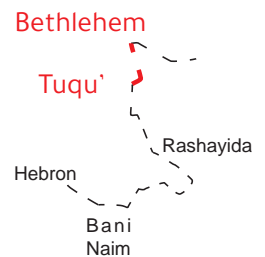
Artas Village: a small village located in the fertile valley 3 km south of Bethlehem. The name Artas is derived from the Latin word 'Hortus' meaning Paradise, it was likely named for its lush plants and rich soil. The village is also home to many ruins including a Crusader convent, the foundation of a Crusader church, a castle as well as several Roman, Byzantine, Islamic and Crusader sites. It has a breathtaking view of the spectacular archeological convent of Hortus Conclusus "Closed Garden» and the fascinating nature surrounding hills with terraced green fields. The village is also famous for the annual Lettuce Festival which has been taking place since 1994.

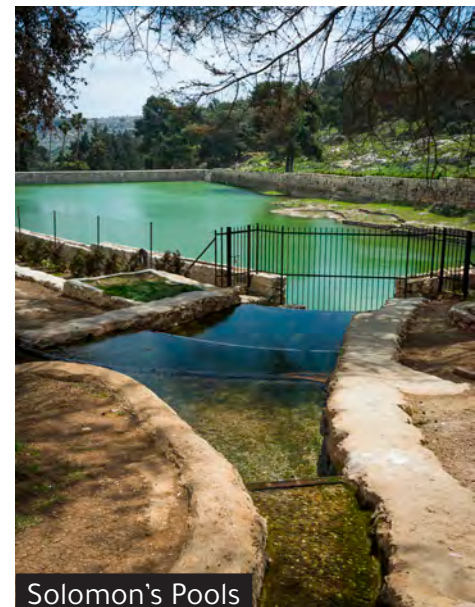
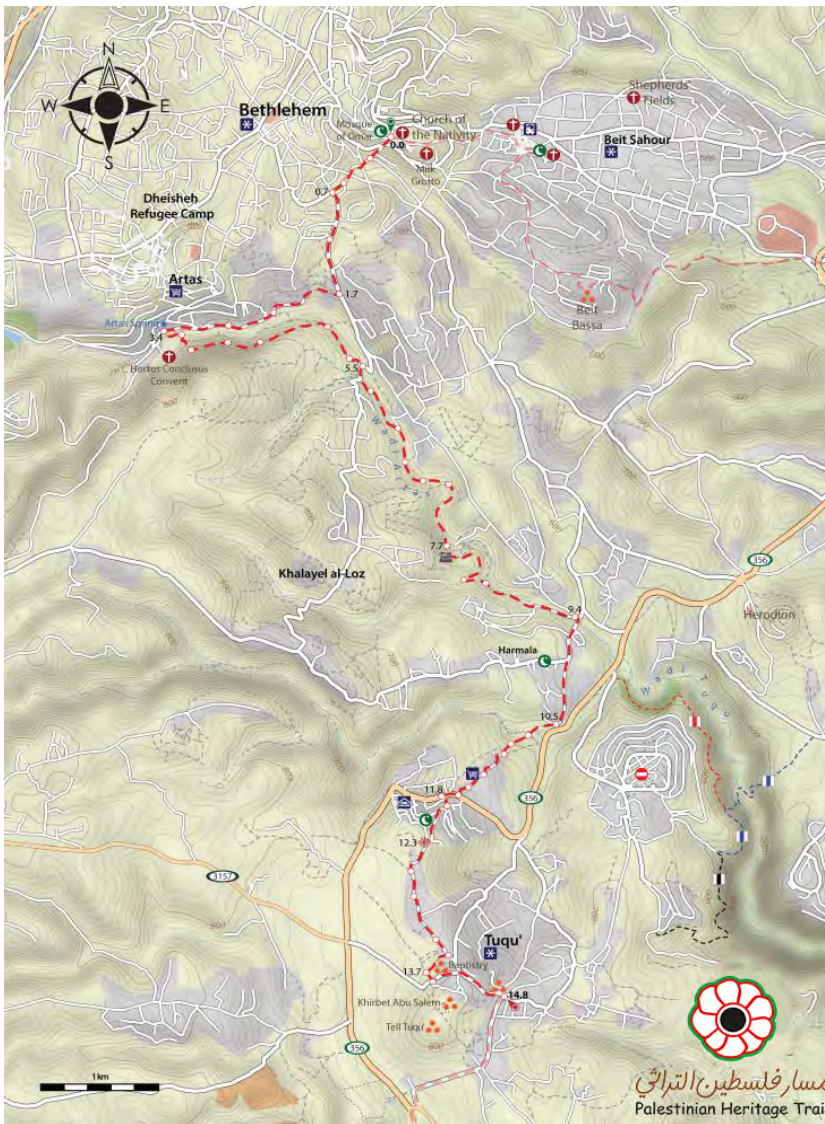
The Sealed Gardens- Artas: called (Al-Janna Al-Moqfala) is a wonderful monastery inhabited by an Italian order of nuns established in Latin America, that contains green gardens on a mountain hill not far away from the depth of the valley.

Omar Ibn El-Khattab Mosque- Bethlehem: The Omar Mosque was built in 1860 in honor of caliph Omar Ibn Al- Khattab, who in the 7th century took control over the area by receiving the key to Jerusalem from Patriarch Sophronius and issued the Omari Convention which is still effective up till now.

Khirbet Tuqu' (ruin)- Tuqu': a ruin dated back to the Old Testament that overlooks Dead Sea with amazing landscapes in the East, and Hebron mountains in the South. It also overlooks Bethlehem and Jerusalem in the North as well as other villages.

Solomon's Pools (Burak Sulieman): once part of an ancient waterway supplying water to Jerusalem, Bethlehem, and the fortress of Herodium (Jabal Al-Fourdis) these three legendary pools dates to the 2nd and 1st centuries BC, with part of the construction occurring under Pontius Pilate. In the first half of the 17th century a small fortress was constructed near Solomon's Pools to defend the water source and the commercial caravans between Jerusalem and Hebron. It was known as "Murad Castle" or "Castle of the Pools".





Solomon's Pools



Sewing workshop in Artas

People to meet

The Arab Women Union - Beit Sahour: is one of the pioneer organizations in the area of Bethlehem that aims for supporting women and advocating for their rights through offering different programs reflecting their needs. It was established in 1956. They have El- Beit Guesthouse, a nursery, a production kitchen and Al-Basma Center for people with special needs.



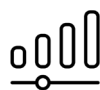
+800 m
+ 565 m



4-5 hours



14.5km



Moderate

RECAP OF THE STAGE

A Place To Stay

Mousa Al Sha'er Homestay- Tuqu': If you are a group of friends or large family members ,Mousa Al Sha'er homestay will perfectly suit you for it. He offers you entire floor with 3 rooms, 2 bathrooms and a lounge. The house is located in an elevated area that makes you experience pleasant Palestinian atmosphere and a wonderful view of trees.

To Contact Mousa Al Sha'er (+970) 599087068 or +972597603208.

This hike will take you from Tuqu' through Wadi El-Jihar to Arab Ar-Rashayida village.

Here in Bedouin lands you will see the camels and livestock in pastures. The path descends into the spectacular Wadi El-Jihar, a deep limestone canyon in the desert.

The caves there have been used for homes for a long time. The hike from Tuqu' to Wadi El-Jihar will take about 4 hours; the terrain is rocky, with a few small climbs.

Once you emerge from the valley and come to Arab Ar-Rashayida village, you will have the opportunity to try a traditional Palestinian meal at one of the homestays there.

Points of Interest

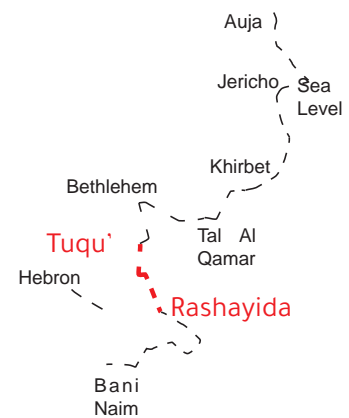
Tuqu' Village: is a village of around 5,000 people located on the Eastern side of the Southern hills of Bethlehem, at the edge of the wilderness. Tuqu' is the traditional birthplace of the prophet Amos, and a shrine dating back to the 5th century AD located two kilometers east of the modern village. Nearby, the ruins of an early Byzantine church with mosaic floors as well as other many archeological and historical sites can be seen.

El-Jihar Valley : The Trail from Tuqu' dips into the spectacular El-Jihar Valley, a deep limestone canyon winding down into the desert towards the Dead Sea. Prehistoric flints and arrowheads indicate a human presence in this valley dating back to the Middle Paleolithic period, which began almost 500,000 years Ago.

Ar-Rashayida village: a village known as Arab Ar-Rashayida, located 20 kilo meters from Bethlehem and it is 500 meters above the Dead Sea level. The village inhabitants settled there after the settlement of Bedouins families (Bani Rashed).

Al-Erishah site: One of the most amazing and beautiful sites in Arab Ar- Rashayida that overlooks the Dead Sea which makes the view breathtaking.

Dead Sea Viewpoint: It can be reached by SUV cars or by a sub trail. It is recommended to be visited for observing the sunrise or sunset.

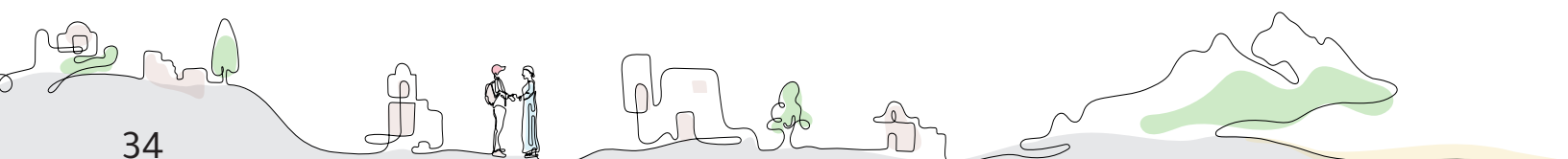


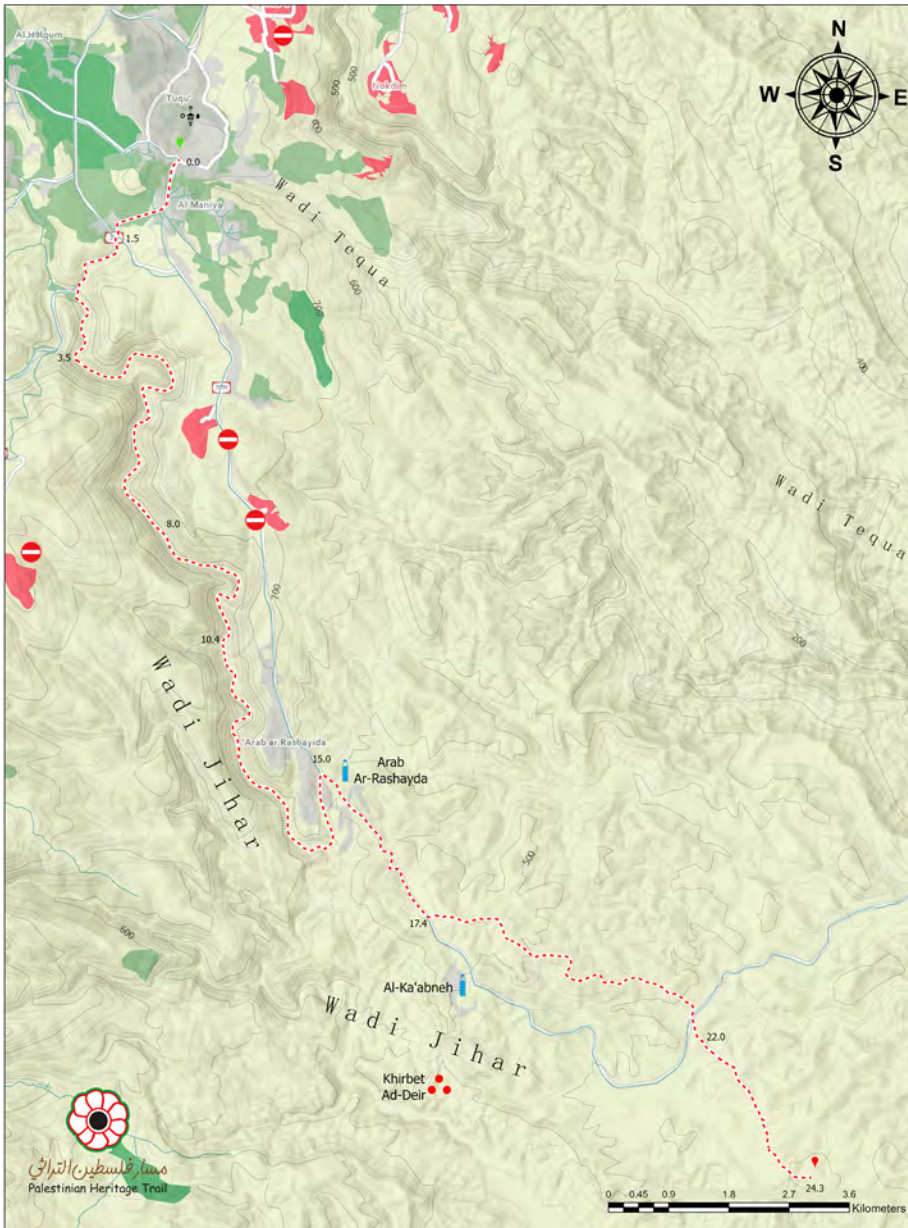
People to meet

Women of Arab Ar-Rashayida:

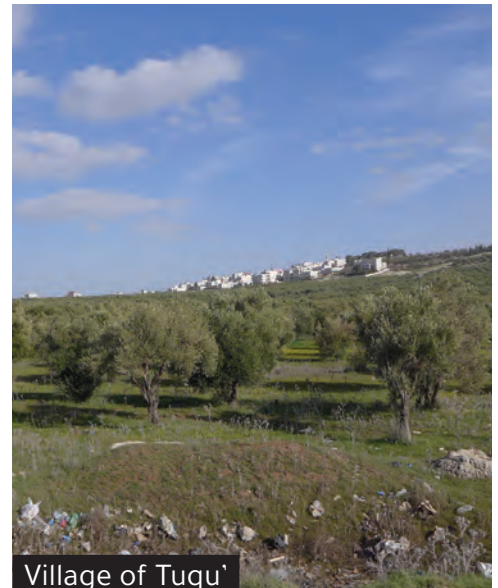
Driving through the mountainous desert region of the Jordan Valley you come upon the Bedouin village of Arab Ar-Rashayida, a little over 7 miles (12 meters) East of Jerusalem. Some of the women there formed a cooperative in 2011 to support each other and help generate income by the sale of their products.

Alia Rashayida can be reached at what's app number: +970528008273.





In the Rashaida desert



Village of Tuqu'



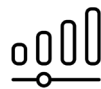
+770 m
+360 m



7-9 hours



24.5km



Challenging

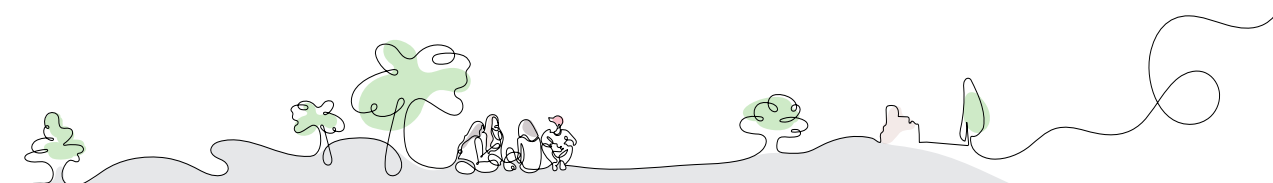
A place to stay

Abu Ismail bedouin Tent:

The natural legacy of the place is simply outstanding. The rocky desert stretches for kilometers around the tent. Various trekking Trails lead to the spectacular and high cliff overlooking the deep blue waters of the Dead Sea. The place can be especially enjoyed during sunrise.

Abu Ismael can be contacted via What's app number: +972 522618443.

RECAP OF THE STAGE



After leaving the desert, you will head towards Beni Na'im, a tranquil village famous for the grape groves surrounding the area.

There, your hosts will treat you with freshly made grapes molasses called Dibis for breakfast or serve a platter of savory Palestinian grape leaves stuffed with a mixture of meat and spiced rice for lunch.



Points of Interests

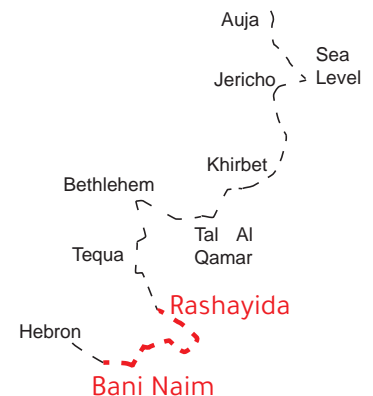
Bani Na'im City: Although most of the city's 20,000 residents have moved into newer housing on the outskirts of Bani Na'im, the ruins of the Old City, dating back to the 1600s, remain. The preserved houses are built in traditional Palestinian style, made of local limestone with arched roofs. The nearby quarries where much of this stone comes from are a major source of income for the residents of the city and were also once used to supply the sand for Hebron's famous glass factories. In Roman times the town was known as Brekke, and after the Islam conquest, the city of Kafr Al-Brekke was renamed after the Bani Nai'm tribe that settled there in the 17th century.

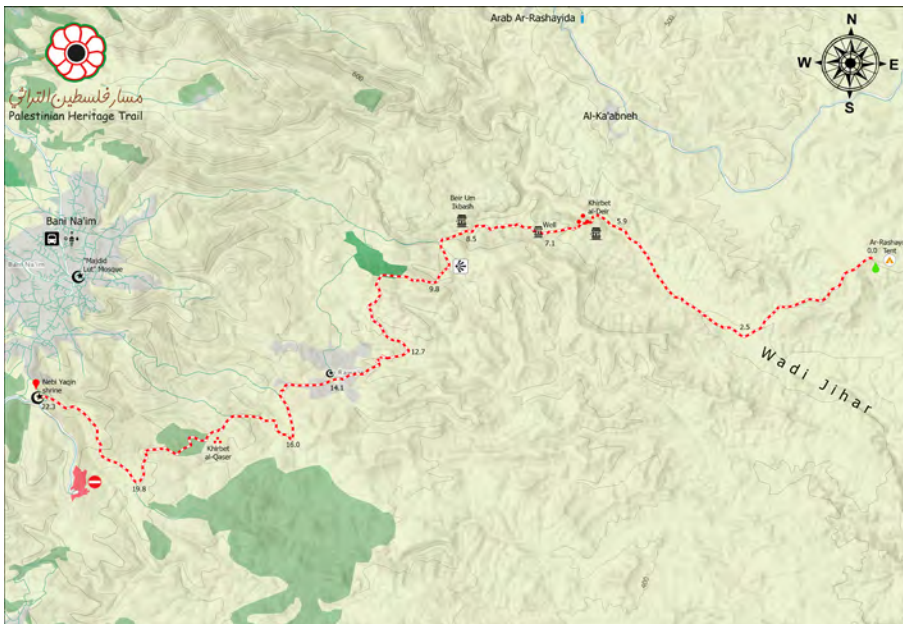
Khirbet El Deir- on the trail: a monastery's remains dated back to byzantine period located in the desert close to El- Jihar Valley. It contains a church, caves, wells, and pools.

Khirbet Al-Qaser: is a historical and archeological site/ castle in Bani Na'im, built in the Roman period (first and second century) and developed in the Byzantine period. This building contains residential rooms, factory remains, a Byzantine church that contains beautiful mosaic pieces as well as olive presses, On the entrance, one can notice Latin writings for example you can read the word Amen.

Yaqin Shrine (Maqam Yaqin): The mosque at Maqam Yaqin is a simple stone building with a whitewashed interior. Its most celebrated feature is a specific section of the floor. It has three indentations that look like footprints and an imprint of a forehead, as if left by someone who was praying on that very spot. According to local belief, they are the imprints of Ibrahim after he ensured the righteousness of God». Near this place you can see footprints on a rock that, for some people, goes back to Lut where he used to go to pray. For others, it goes back to Ibrahim where he predicted the suffering and the destruction that Lut's people witnessed in Sodom and Gomorrah (genesis).

Lut Mosque: located in a natural and inspiring area) Lut's grave (Ibrahim's nephew) covers a beautiful archeological plot since its building. The mosque itself was built on the site of a byzantine church, but two Kufic indicate its transition into a mosque soon after the Islam conquest.





Bedouin girl



Rashayda Desert



Footprints of Ibrahim

People to meet

Women Cooperative of Bani Naim:

This cooperative was established in 2011 offers a day care center, organizes awareness workshops, and creates income generating projects. The women make grape products, dairy products, jam, pastries, and pickles.

Contact I'tedal Manasra at what's app number: +972599730947.

A place to stay

Manar Manasra Homestay:

This homestay contains 1 big hall room for the guests with 8 beds and a small room for 2 beds with one bathroom. Receives both genders.

Manar can be reached at What's app numbers: +972599291798.



RECAP OF THE STAGE

Travel the rocky roads and uneven ground and pass through the agricultural regions.

This section of the trail takes you from the mountainous landscapes where Ibrahim interceded on behalf of Lut's people in Sodom and Gomorrah and brings you to the Cave of the Patriarchs and the Ibrahimi Mosque in Hebron.

You will be travelling on rocky roads and uneven ground but will come to an agricultural region with groves of olive trees.

A tour of the old city of Hebron and the Ibrahimi Mosque will introduce you to the rich complexities of the historical and cultural heritage and the current political situation.

Enjoy the opportunity to eat a traditional meal with a local family.

Points of Interests

Hebron City: One of the oldest cities inhabited by people in the Middle East and the biggest city in the West Bank. Besides, it is an important city for the three heavenly religions that has many amazing sites.

Cave of the Patriarchs/ Ibrahimi Mosque- Hebron: built on a Grotto and is considered the spiritual center in Hebron and a sacred place for Muslims and Jews. According to traditions, the grotto consists of double graves and the place where many biblical characters were buried: Abraham and Sara, Isaac and Rebecca, Jacob, and Leah. Later, the Great Herod established a building surrounding the grotto then the Byzantines built a church which was later turned into a mosque under the name of Ibrahim's Mosque. After that, crusaders came and built saint Ibrahim church.

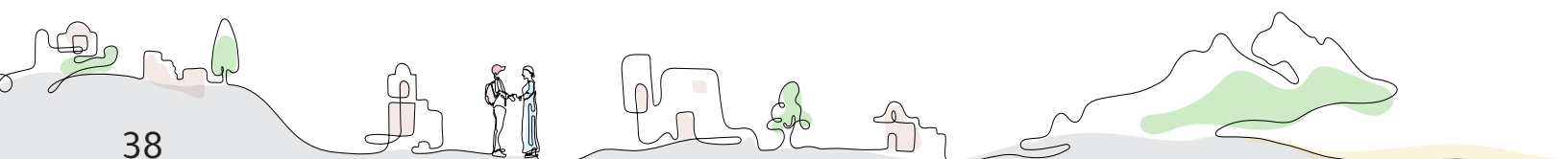
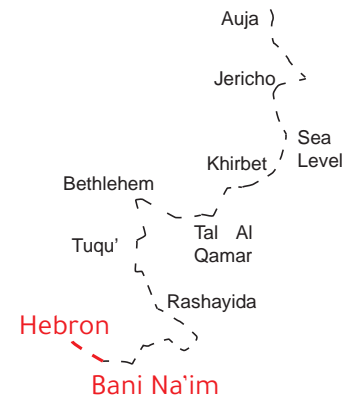


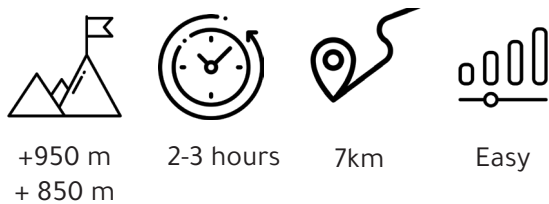
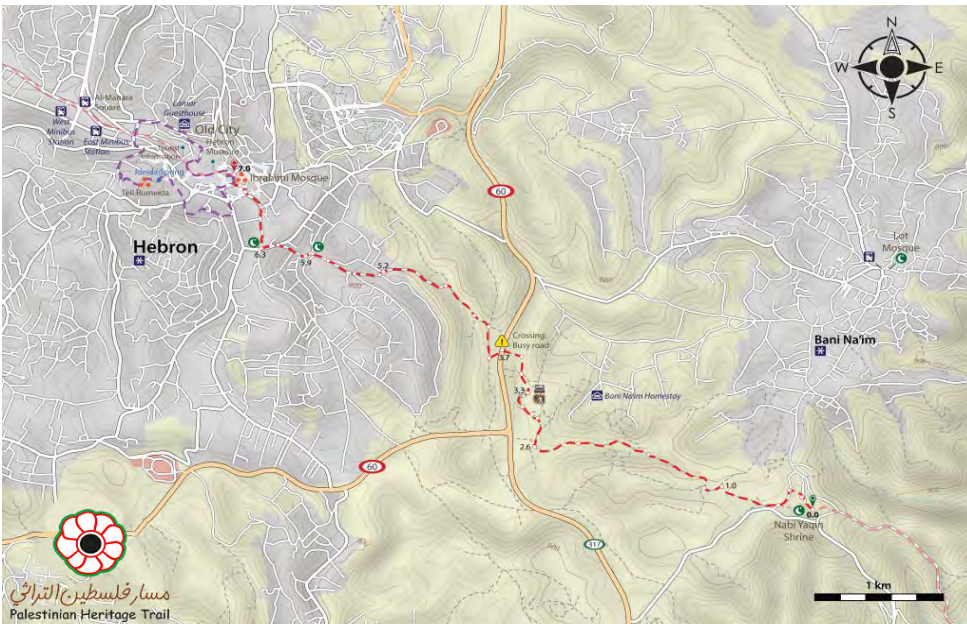
A place to stay

Lamar Guesthouse:

This unique location is rehabilitated 2 story guesthouse has 9 bedrooms. 4 double rooms and 5 twin, tribble or quadrable rooms. Total beds are 14. Guests can enjoy their breakfast, lunch, or dinner in an amazing Hebron Old City view. Indoor dining area can accommodate up to 25 people and outdoor dining garden can accommodate up to 120 guests. Ask guesthouse crew for tours in the old city and the Ibrahimi Mosque. Fee internet is available.

For reservations at Lamar Guesthouse, contact Haitham Azza at what's app number +972598980954 or email: lamarguesthousehebron@gmail.com.





RECAP OF THE STAGE



This route takes hikers from the busy streets of Hebron through agricultural fields surrounding the city and picturesque valleys rich in natural beauty and archeological sites. The Hebron to Dura Day stage begins in front of the Ibrahimi Mosque (Al-Haram Al-Ibrahimi), the most important landmark in Hebron, where Ibrahim, revered by three religious traditions, was buried alongside his wife, his son, grandson, and their wives.

The trail leads further through the souqs/ old markets and alleys of Old City of Hebron, one of the only cities in the world today with a perfectly preserved twelfth century Mamluk infrastructure. It also passes next to the Russian monastery, located in the suburbs of Hebron, containing Ibrahim's Oak.

The legend says that at the foot of the tree, the prophet welcomed three strangers. After he had prepared them a meal and washed their feet, the three men revealed themselves to be angels who told him that his wife would give birth to a son.

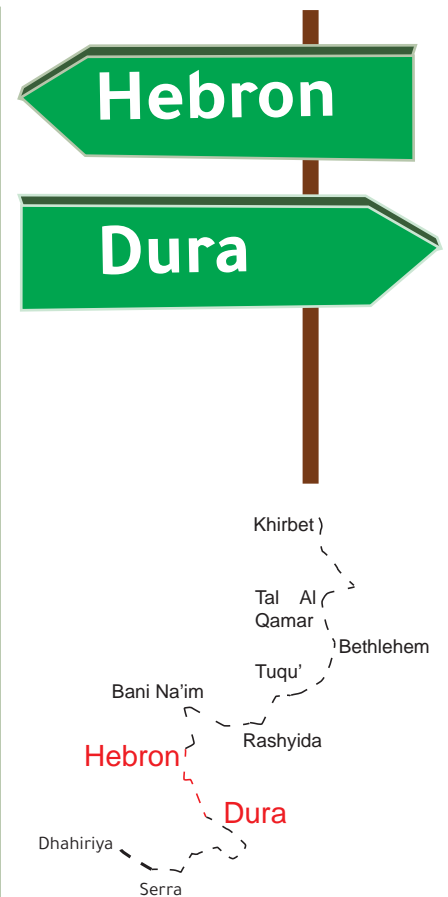
A shepherds' path leads out of the city toward agricultural fields and natural areas covered with flora characteristic for Palestine's central highlands climate region: trees like Terebinth (*Pistacia Palaestina*) and Palestine Oak (*Quercus Calliprinos*), the aromatic wild thyme (*Za'atar*) and during the springtime various kinds of colorful flowers.

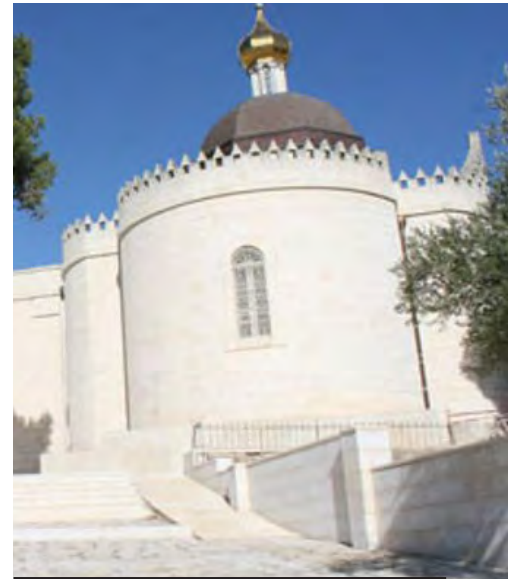
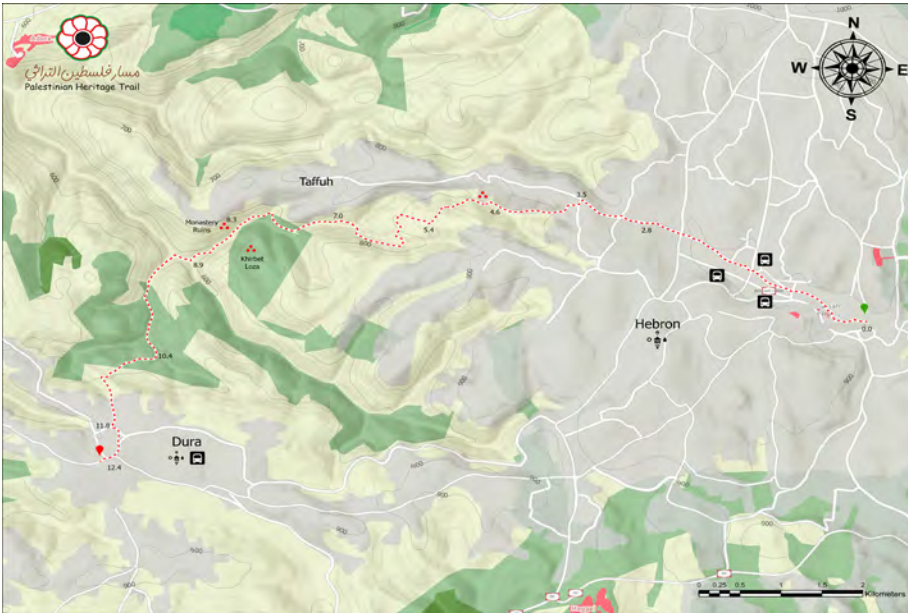
The trail also passes through valleys close to Taffuh (8 km West of Hebron) with various archaeological sites, among them a 6th century Byzantine monastery with an impressive baptismal font (Al-Ma'moudiya) and ruins of Crusader churches that were looted.

Points of Interest

Mamre and Ibrahim's Oak Monastery: Archaeological excavations of the site of Mamre discovered statues of Edomite deities. The place is surrounded with an impressive enclosure consisting of large neatly fitting blocks. The Byzantine church of Mamre is represented in the famous Madaba map dating back to the 6th century. The site was used by Crusaders but was abandoned in the Islamic era. Arabic tradition calls the place Beit al-Khalil, which means the house of Ibrahim. The legend says that at the foot of Ibrahim's oak, the prophet welcomed three strangers. After he had prepared them a meal and washed their feet, the three men revealed themselves to be angels and told him that his wife would be blessed with a son. The moral of the story is to always offer kindness, even to strangers, because no one knows whether they might be angels. Another tree associated with the same story is on the property of the local Russian Orthodox church. To get to the entrance, call the phone number posted on the outside gate.

Al-Ma'moudiya Spring: Southeast of the village of Taffuh (8 km West of Hebron) are ruins of two monasteries. The first one dates to the 6th century and contains a large baptismal basin (thus the name of the spring "Al-Ma'moudiya," which means baptistry). The water was brought to the church by an 8-meter underground tunnel. On a nearby hill stands a Byzantine fort that, in case of a danger, served as a place of refuge for the monks. Close by, there are remains of Crusader churches that were looted. In the past, the site was dedicated to Saint John the Baptist.

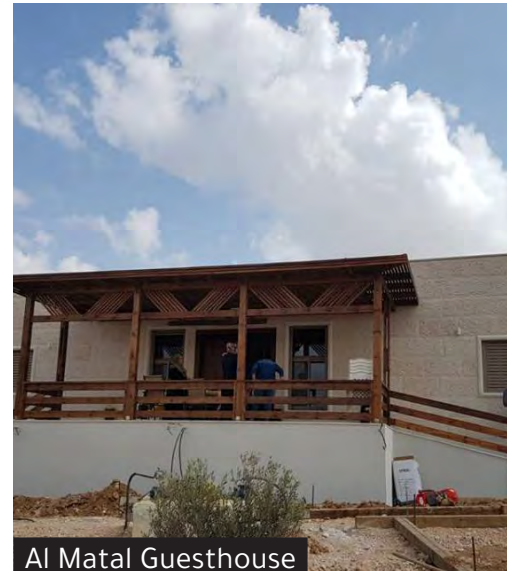




Mamre And Ibrahim's Oak Monastery



Al-Ma'mudiya Spring



Al Matal Guesthouse

People to meet

Dura Cooperative Association for Agricultural Production: You will see the long shelves with their products which include, Dairy products, Sweet Raisins, Dibs, Grape Jam, dried herbs, Za'tar, and Malban (dried grape juice rollups). The ladies received training in food processing from Oxfam and the Economic and Social Development Center of Palestine. Hikers can also have their Hikers Passports stamped when they arrive at the cooperative.

Huda Shadid can be reached at What's app number +97059519880

A place to stay

Al Matal Guesthouse- Dura: This Guesthouse was established in 2018 and is in Dura on the top of a mountain called Al-Abed. It is characterized by calmness and its natural beauty. It was named Al Matal (which means the overlooking point) for it overlooks the occupied Palestinian coast to the North and Gaza to the South.

Al Matal can be reached via What's app number +970595961592 (Foad Khallaf).



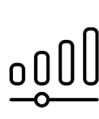
+950 m
- 600 m



3-5 hours



12.4km



Moderate

RECAP OF THE STAGE

In Dura, hikers can start their day by visiting Dura Cooperative Association for Agricultural Production to have their passport stamped and support them Women Cooperative by purchasing a tasty snack for the way and continue to An-Nabi Nuh Shrine (The Shrine of Prophet Noah).

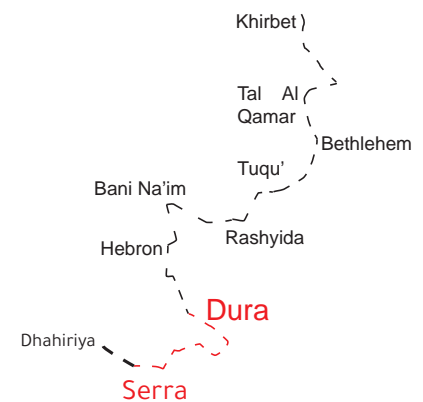
Old residences located in proximity to the shrine demonstrate the importance of Dura during the Ottoman period, which became the administrative center of the area (throne village). Several of these traditional houses are being restored. After leaving Dura, the trail passes through scenic valleys covered with abundant pine trees. Along the way, there are some hills to climb. The final part of this section leads up the hill to As-Sura, a small agricultural village in the Hebron Governorate.

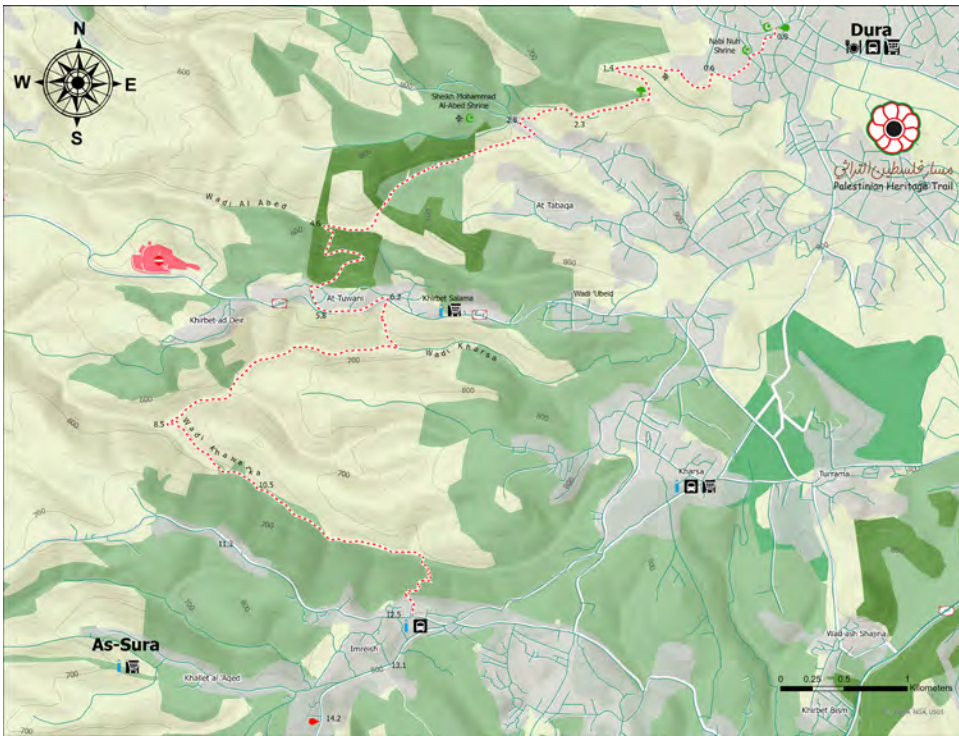
Points of Interest

An-Nabi Nuh Shrine (the Shrine of Prophet Noah) - Dura: is an Ottoman building with a small dome and small arched courtyard, is also worth a visit. According to the local tradition, the Turkish soldiers arrived on the spot holding a map showing the burial site of Noah. Old residences located in proximity to the shrine demonstrate the importance of Dura during the Ottoman period, which became the administrative center of the area (throne village). Several of these traditional houses are being restored.



Part of Dura's Trail

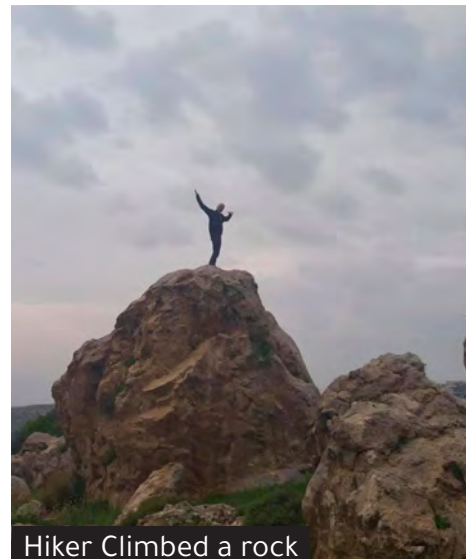




Dura's Nature



Hikers in As-Sura



Hiker Climbed a rock



+880 m
- 560 m



2-3 hours



11.2km



Moderate

RECAP OF THE STAGE

The stage reveals impressive ruins of ancient monasteries, shrines, presses and cisterns. After passing through the rural areas surrounding As-Sura, the trail to Dhaheriya, leads through evergreen pine forests.

It continues towards Khirbet Raboud, the only major late Bronze Age archaeological site in the mountains around Hebron. Later, a long portion of the trail passes through the picturesque Wadi Nar to reach Dhaheriya. According to local tradition, Dhaheriya was founded in the thirteenth century by the Mamluk ruler Al-Malik Al-Dhahir Baibars, after whom the village was named.

However, archaeological findings confirm that the site was inhabited before this time. A well-conserved fortress from the Hellenistic or early Roman period can also be found in the village.

Nevertheless, Dhaheriya's historic core, with its narrow streets and small domed stone houses, is a well-preserved example of an architectural complex that dates to Ottoman times in Palestine.

Before the houses were constructed, probably during the sixteenth or seventeenth century, the villagers used to live in caves that currently can be found beneath the old town.



Points of Interest

Khirbet Raboud-Raboud: the only major late Bronze Age archaeological site in the mountains around Hebron. At the end of the 19th century the area was inhabited again. The inhabitants made use of the caves for protection, at first temporary and then permanent residences. However, the Ottoman village of Raboud has been left to decay since 1970's. Yet the ruins are some of the best- preserved examples of vernacular architecture in the mountains around Hebron. The new village of Raboud is being built nearby.

Masakhet rocks: these are rocks of all-sizes with distinctive formations. These rocks are distributed in fields located Southwest of the village of Serra, and connected to a myth used to be told by mothers of other Palestinian villagers to teach their children a moral value which is the value of bread. It is said that several hundred years ago, during a wedding, one of the village women, not having access to water washed her son with bread. God showed his anger against this violation of the sanctity of bread by turning everybody present at the wedding into stone blocks.



People to meet

Dhaheriya Women Club: Dhaheriya Women Club: The women of the club work on promoting and selling their products in exhibitions and local events and conferences. that gather women's associations and cooperatives. The club is currently in need of support and equipment to be sustainable.

Samia Et-Tall/ club Chairwoman can be reached at What's app number: +970599895281



Khirbet Rabud



Camp fire

A place to stay

Hosh As-Sabbar Guesthouse- Dhaheriya: is an old, rehabilitated building that is in the heart of the old city of Dhaheriya. The building consists of several bedrooms with private bathroom attached, an indoor and an outdoor dining area and a magnificent Terrace where people can enjoy their evenings and nights.

Hosh As-Sabbar can be reached at what's app number: +972 59-966-2807



+810 m
+540 m



4-5 hours



13.5km



Moderate

RECAP OF THE STAGE

Dhahiriya's historic core, with its narrow streets and small domed stone houses, is a well-preserved example of an architectural complex that dates to the Ottoman era.

This stage of Palestinian Heritage Trail takes hikers on an interesting 19-kilometer hike between Dhaheriya, located 23 kilometers Southwest of Hebron, and Beit Mirsim, located 30 kilometers Southwest of Hebron.

Points of Interest

Anab Al-Kabir Church : A Byzantine church built on an exposed surface most likely served as a religious center for neighboring Christian communities. A noteworthy liturgical assemblage was uncovered including elements from a marble altar, fragments of a screen chancel, columns, and capitals as well as baptismal font located outside the church to the north.

Anab Al-Kabir Qasr (Palace): is an archeological site from the first Islamic period. Its remains have unfortunately been badly damaged.

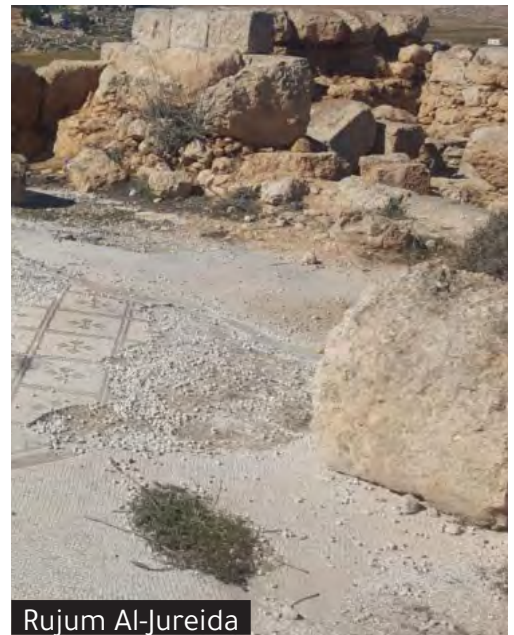
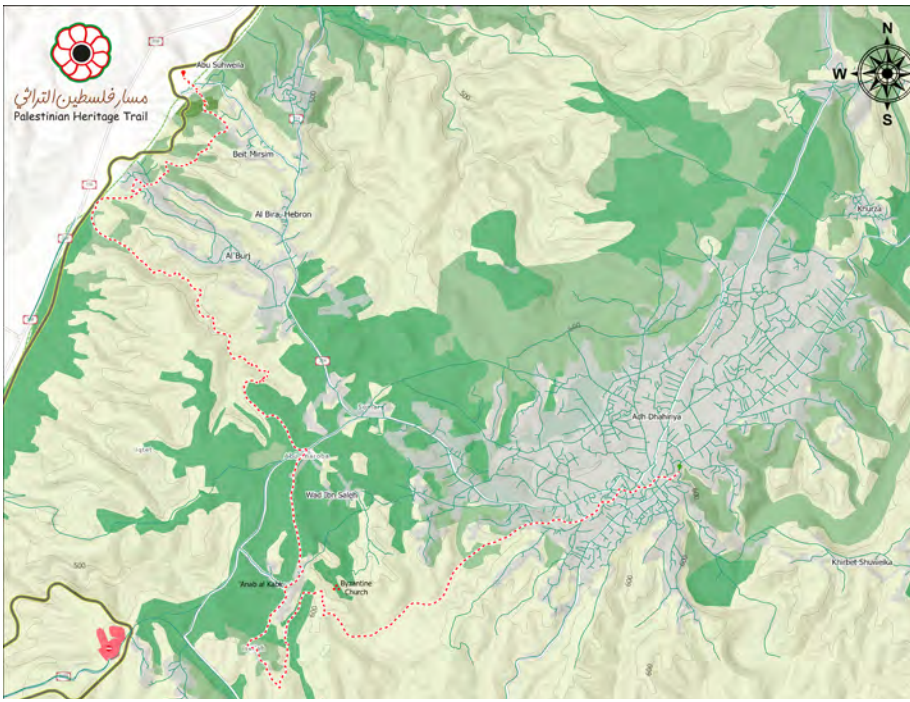
Rujum Al-Jureida site: is located on a flat hilltop, a mere one kilometer south of Anab al-Kabir. In the 4th century a square tower was erected on top of a natural cave. A large circular stone still present on the site, was used for closing one of the 2 façade gates in case of an attack. In the 6th century, the floor was paved with a mosaic with a geometrical pattern in the center.

Al-Burj site: It was built on the remains of ancient archaeological sites dating back to the Roman, Byzantine, Islamic, and Crusader periods, and it is connected to the crusader fortress dating back to the 12th century. It was used for military and civilian purposes, including a small church. It was considered a base defense for its tower that protects the old road that was used to connect the Western slopes of Hebron with the Southern region of Palestine. In the year 1838, Al Burj was the only inhabited village among the ruins of Dura. It is also called Abu Touk Pool, attributed to Abu Touk shrine located in the west of the village.

Tell Beit Mirsim: is one of the most important archeological sites in Beit Mirsim and is considered one of the most important hills in Palestine, covering an area of about 30 acres. During the years 1926-1932, early excavations were carried out, and these later became the basis for the study of pottery and the sequence of the social class history in Palestine.

Pottery vessels dating back to the early Bronze Age (3200 BC) were discovered in the Tell (the hill). During the Middle Bronze Age (2000-1550 BC), it became one of the flourishing Canaanite cities. The site was surrounded by a defensive wall, towers, and a sloping hill which revealed residential buildings, a street with a water drainage system, and indications of an administrative building.

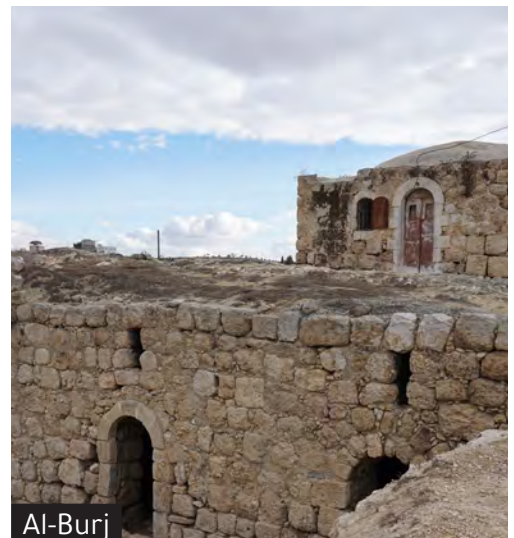




Rujum Al-Jureida



Trail into Beit Mirsim



Al-Burj

People to meet

Sikka Women Center- Sikka: offers traditional meals and sells embroidery work and can host visitors for meal or to rest.
Contact them at what's app number +970598543358

Beit Awwa for Rural Development: Tuter how to make Maftool- a traditional meal.

Contact them at what's app number +970-599962723



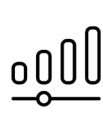
+665 m
+ 420 m



6-7 hours



19.8km



Moderate

RECAP OF THE STAGE

A place to stay

Soumaya Homestay- Beit Mirsim: At Soumaya's home one can enjoy traditional hospitality in a home that contains two bedrooms, one bathroom and one kitchen. In addition to a small garden that contains local plants and olive trees. 6-8 guests can be hosted at the same time.

Soumya Omro can be reached at what's app number: +970598111802

This section starts from Beit Mirsim homestay, which overlooks the archeological site in the area, through several villages and communities in the area including Beit Al Rush, Al Asal Al Foqa and Al Tahta crossing picturesque areas enabling walkers to enjoy nature and environment.

Continue to the village of Sikka, passing through the quite center of town, which gives walkers the chance to interact with local families reaching Al Mowraq and its historic castle.

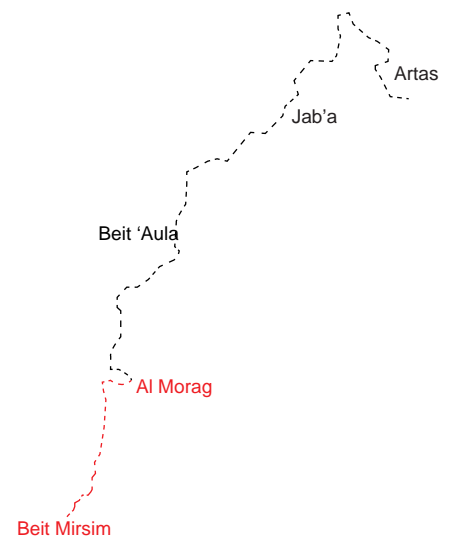
Points of Interest

Tel Beit Mirsim: Ruins of a large Canaanite city in the southern low hills of Palestine. On Tell Beit Mirsim, in the southern low hills of West Bank, are ruins of a large Canaanite city. Canaanite Period (3150-1200 BC). The first organized settlement started at about 2000 BC (Middle Bronze period) but was a small city. After a comparatively brief time the city was destroyed by fire. The Canaanite city was soon rebuilt, but this time (~17th Century BC) the second city was fortified with very high walls (7m high), dry moat (3m deep) and a glacis. These formidable fortifications indicate this was a royal Canaanite city with great importance.

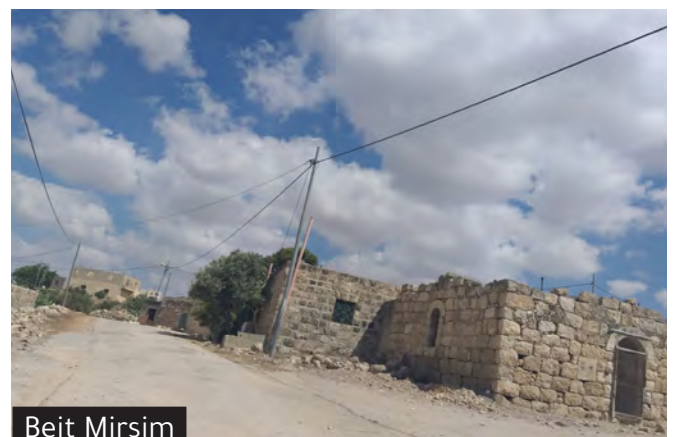
The city was partially destroyed in the 16th Century. From that period, during the years 1500 to 1200, the city grew bigger and seems to have flourished. It was dominated by Egypt, as attested by Egyptian findings.

Al Mowaraq palace: The palace dates back to the early Roman period, during which it was a Roman administrative center, as it was demolished by the revolutionaries in the year 68 AD.

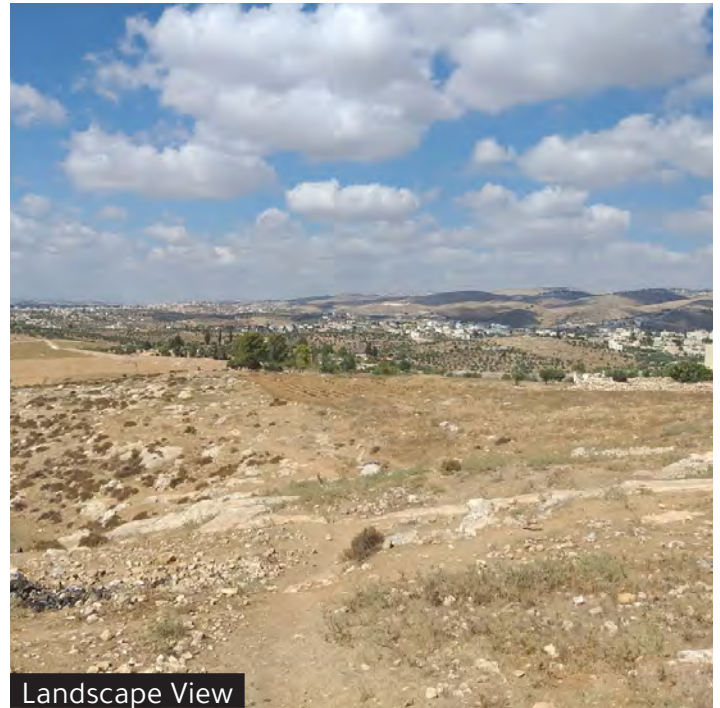
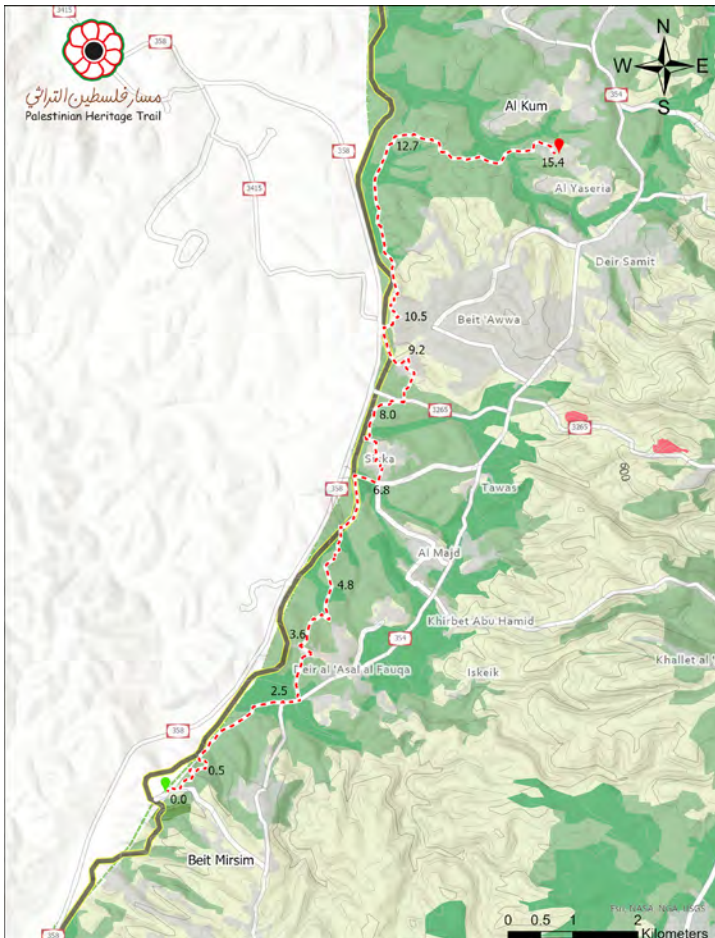
A wall was also built around it surrounding it from all sides, and this type of palaces was built during the reign of Adus the Edomite, the king of the Arab Edomites, who built many Roman palaces and castles whose effects are still present in all Palestinian cities.



On The Trail



Beit Mirsim



Landscape View

People to meet

Souvenir on the Trail:

Contact Osama Hrebat at what's app number +972-598845335.

Al- Mamoura Soap shop:

Organic handmade soap available for sale - Beit Awwa.
Contact Montaha Masalmah at what's app number +970568169313.

Al Reef Palestinian Museum- Deir Samit:

Contact Ishaq Hroub at what's app number +972-598958543.



RECAP OF THE STAGE

A place to stay

Al Kom Homestay: Accommodated 6-8 guests in two bedrooms, two bathrooms, one kitchen and a spacious sitting room.

You can reach the homestay by contacting Haifa Rjoub at What's app number +970599991409

This segment starts from Al Mawwraq Palace (Qasr) towards the town of Idana passing through the legendary Grotto (Tur Baddou) from the Canaanite era.

The trail winds North crossing local Bedouin communities reaching at the end the archeological site of Tel Quila in the village of Beit 'Aula. There are many archaeological wells and springs in Beit Aula' village, and most of them are in the western region of the town.

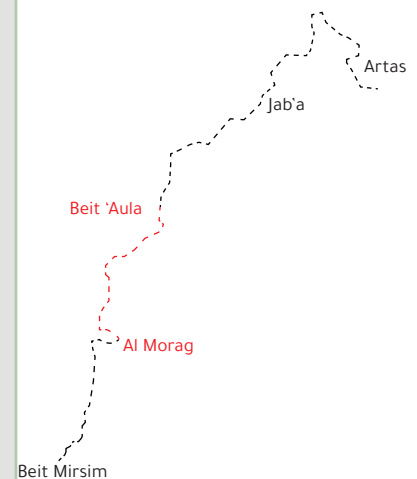


Points of Interest

Baer Al-Qous (Al-Qous Well): Al Qous Well is an ancient well, it is one of the most important three wells in the area which are of Abu Qabsa well and Al Suwaida well and finally Alqous well. The farmers of the region use these wells and springs to irrigate their harvest and for their sheep and cattle. This well is an excavation or structure created in the ground by digging from 100 years ago. The well is for water. As is known, the oldest and most common kind of well is a water well to access groundwater and for storing raining water.

Tur Baddou: Tur Bedo in the olive groves between Khirbet al-Kum and the village of Idhna is an ideal example of this type of cave. The echo of «al-Tur» resonates throughout history as a stage indicating the invasions throughout history of the plundering tribes over the sovereignty of lands belonging to another tribe, their seizure, and the transfer of power and authority to them within bloody events.

Tur Raboud: whose features have ceased to exist, and the king, and priests were imprisoned. The tribe inhabiting it was from the people of the giants in the great cave outside the walls of the city and their extermination until the overthrow of government from one tribe to another in "Al-Tur" became a mythical presence in the Palestinian novel that echoes in the novels of "Beit Ula", and we hear it as poetry about the tragedy of the Asafarah tribe in Beit Jibrin.



People to meet

Idna Cooperative Society for handmade products: Contact Nawal Es-Salimia at what's app number +970598157346 or via email: idnacooperative@gmail.com.

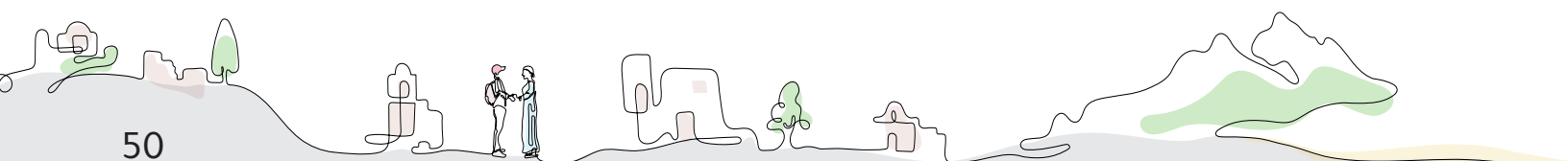
Places to go

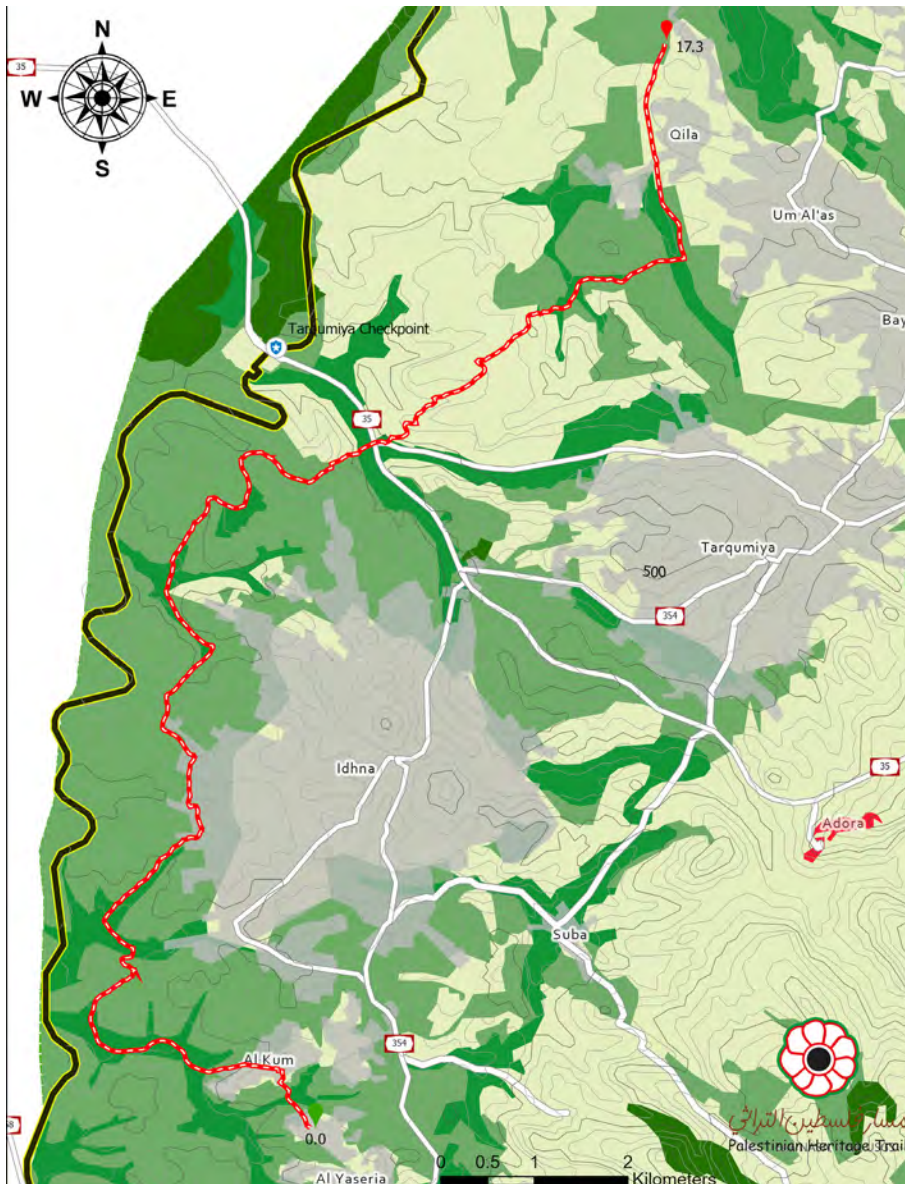
Wad al Quf Natural Reserve- Tarqoumia.

A place to stay

Beit 'Aula Women Club- Guesthouse: the guesthouse accommodated 6-8 guests in two bedrooms, two bathrooms, one kitchen and a wide sitting room.

You can reach the guesthouse by contacting Hanan Farash at what's app number +970599814723.





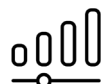
+500 m
+ 350 m



6-7 hours



17.4km



Moderate

RECAP OF THE STAGE



This section connects Hebron and Bethlehem governorates. Starting at Beit Aula and the magnificent hill of Qilla, you will enjoy the traditional Palestinian valley and green planted fields passing through the town of Al Dier towards the town of Surif one will walk through a spectacular beauty of the land and will learn about the ongoing struggle for freedom of the Palestinian people.

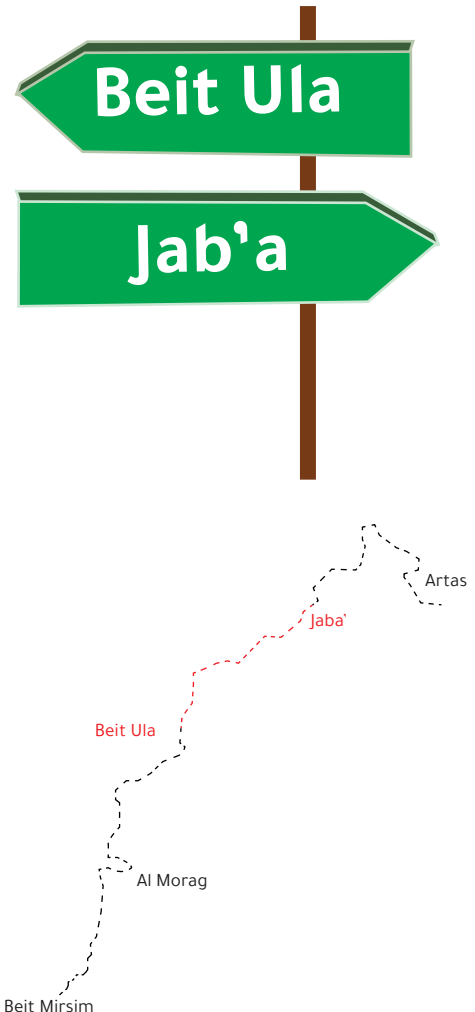
Crossing through the valleys of Hilwas will take us into the village of Jab'a and the local homestay that overlooks the amazing landscape.

Points of Interest

The old city of Jab'a : One of the most important archeological sites in Al - Jaba' Village is the old city of Jaba. It is said the Al - Jaba' village is one of oldest villages in Palestine that have been inhabited and rebuilt.

The old city and its buildings that exist are Roman buildings, the remains of which are still present in the old Roman city, and the people of the village have lived in it. Also, there is a mosque that is 1,000-yearold mosque one of the Omar Mosques in Palestine.

Currently the village includes 1,200 residents who live in houses far from the homes of the Old City, which contains about 20 houses; Among them are the remains of buildings from the Roman era and houses destroyed because of natural factors, which began to draw the attention of the citizens to move and demand the protection of the historical village landmarks from disappearing.



People to meet

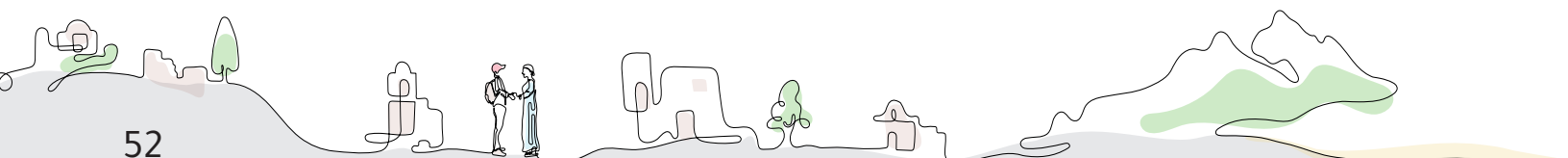
Surif Women Club- Surif: Contact Fatheya Al Kadi at What's app number: +970599185079, or via email: msourif@yahoo.com.

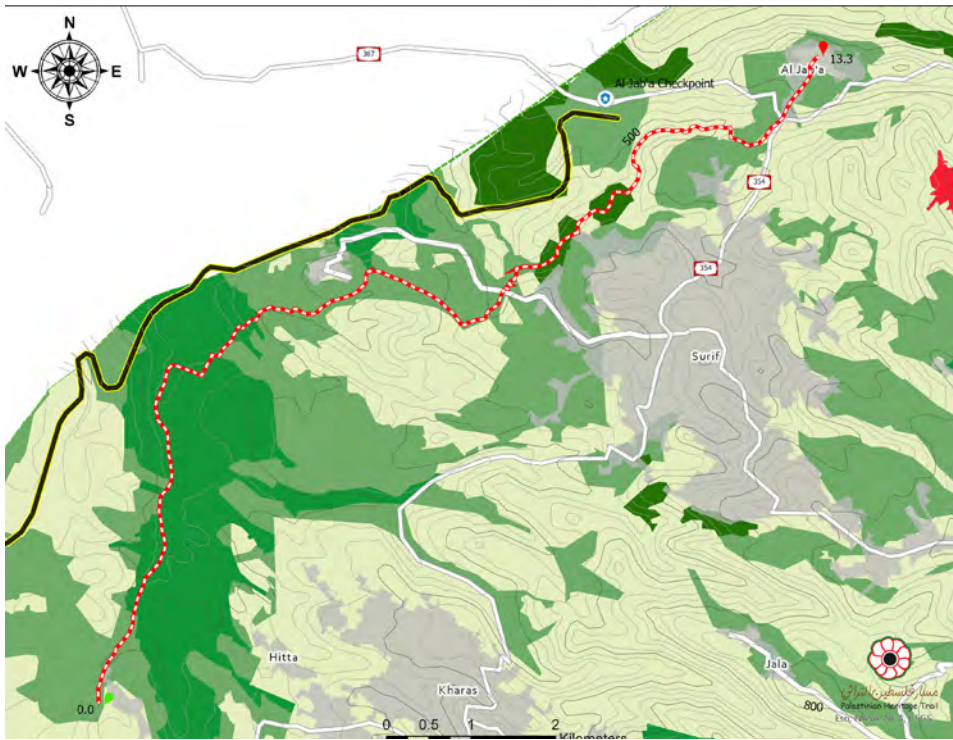
A place to stay

Al - Jab'a Guesthouse:

An old historical building which was used by Al Tos family in Al Jab'a. It overlooks a beautiful view and contains a very nice outdoor sitting area. This guesthouse contains three bathrooms and can accommodate up to 10 guests.

Contact Mosab Al Tos via What's app number: +970598252743





Cave Entrance



Old Cave/House



Jaba' Trail



+645 m
+ 340 m



4-5 hours



13.3km



Easy

RECAP OF THE STAGE



Jaba'

You can start your walk at the old center of Jab'a towards the town of Wadi Fuqin a beautiful traditional agricultural community. From there walk to the town of Hussan (World Heritage Site) through Al Oyoum valley towards to Ein Al Haweyah site, (a water spring).

From there continue to Battir village crossing the archeological site of Battir arriving to the historical center of the village that is recognized as a UNESCO WORLD HERITAGE SITE.

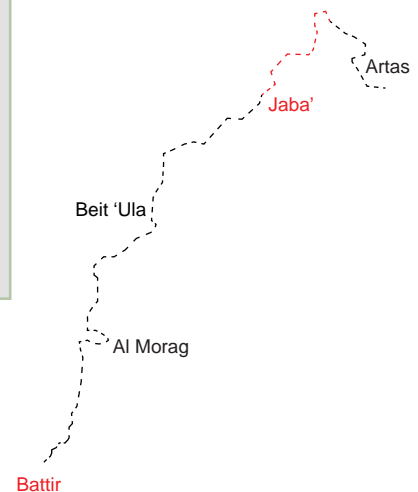


Points of Interest

Ein El-Balad, Ein Jame', and the Roman Bath- Battir: While in Battir, you can visit several archaeological sites such as Ein El-Balad, Ein Jame', and the Roman Bath. These introduced an irrigation and water distribution system in Palestine that goes back to roman empire. The Romans were famous for their water system and excelled in building canals, bridges, ponds, and wells. An old Roman bath fed by a spring is in the middle of the village. Archaeologist date the village to the Iron Age.

Ancient irrigation system and terraces: Battir has a unique irrigation system that utilizes man-made terraces and a system of manually diverting water via sluice gates. The Roman-era network is still in use, fed by seven springs which have provided fresh water for 2,000 years. The irrigation system runs through a steep valley near the Green Line where a section of the Ottoman-era Hejaz Railway was laid.

Battir's ancient terraces, 1893: In 2011 UNESCO awarded Battir a prize for «Safeguarding and Management of Cultural Landscapes» due to its care for its ancient terraces and irrigation system.



People to meet

Wadi Fukin Women Club- Wadi Fukin:

It is possible to coordinate with the local farmers through the Women Clue to pick up vegetables directly from the farm and buy seasonal pickles.

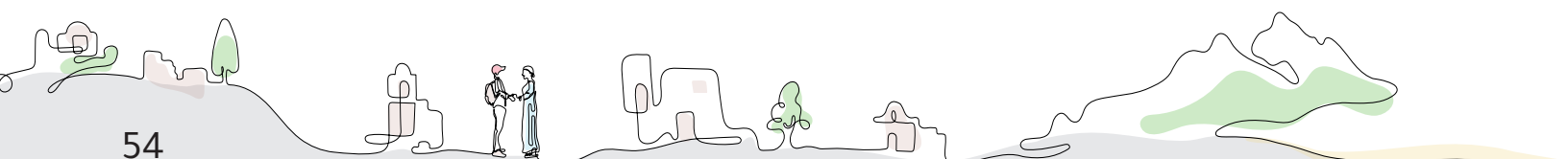
Contact Shafeka Manasra on what's app number: +970597600316.

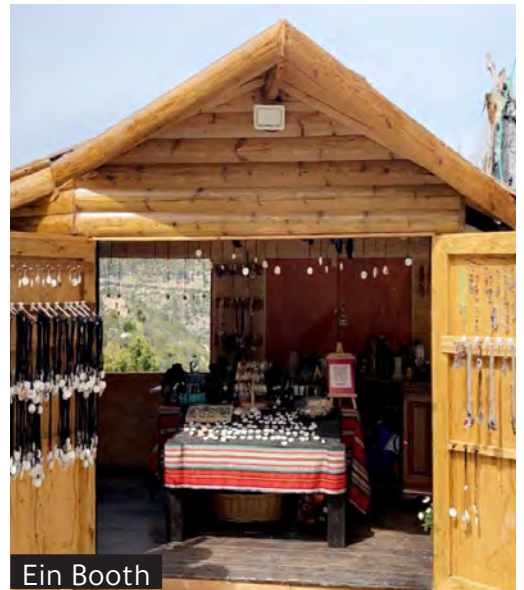
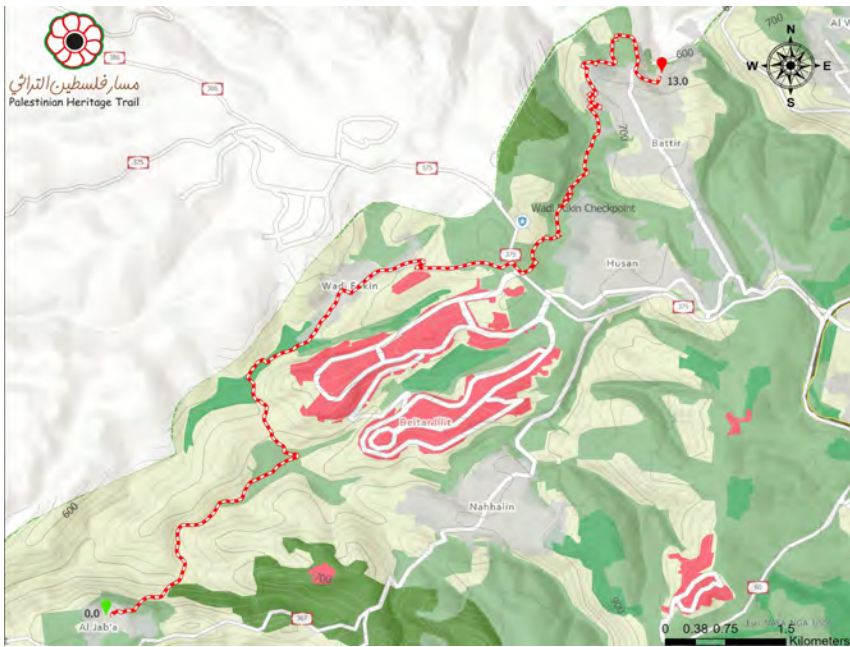
Ein Jame' Restaurant- Battir:

Contact Foad Shami at what's app number +972-525982164.

El Ein Booth:

Sells handmade products. Contact Enas Batha via what's app number: +972-584364288.





Ein Booth



Ein Amud



Old Pathway



+790 m
+ 370 m



4-5 hours



13.0km



Easy

RECAP OF THE STAGE



Ein Hawiya'

Today, you will walk from the historical center of Battir towards Al Makhroul valley, one of the most beautiful walks along the trail reaching out to the historical town of Al-Khader passing through the famous football stadium and the famous St. George Church and Monastery in Al-Khader. Hikers can then continue to the village of Artas passing by Solomon's pools and arrive after two kilometers to the historical center of the village of Artas.

Points of Interest

Solomon's Pools: Once part of an ancient waterway supplying water to Jerusalem, Bethlehem, and the fortress of Herodium (Jabal Al-Fourdis) these three legendary pools are dated back to the 2nd and 1st centuries BC, with part of the construction occurring under Pontius Pilate. In 1617 the Turkish Sultan Suleiman Al-Qanouni built a small fortress known as the "Castle of the Pools" or "Murad Castle" to defend the water source and the commercial caravans between Jerusalem and Hebron.

The Sealed Gardens - Artas Monastery: A picturesque stone bridge stretching over the verdant Artas Valley leads to the monastery called (Aljanna Al Moqfala) inhabited by an Italian order of Nuns established in Latin America. The site is traditionally associated with the garden of Solomon, which he was said to visit each morning at dawn. It was built

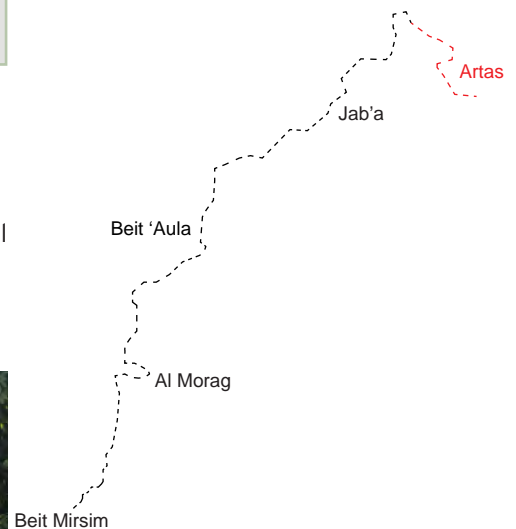


People to meet

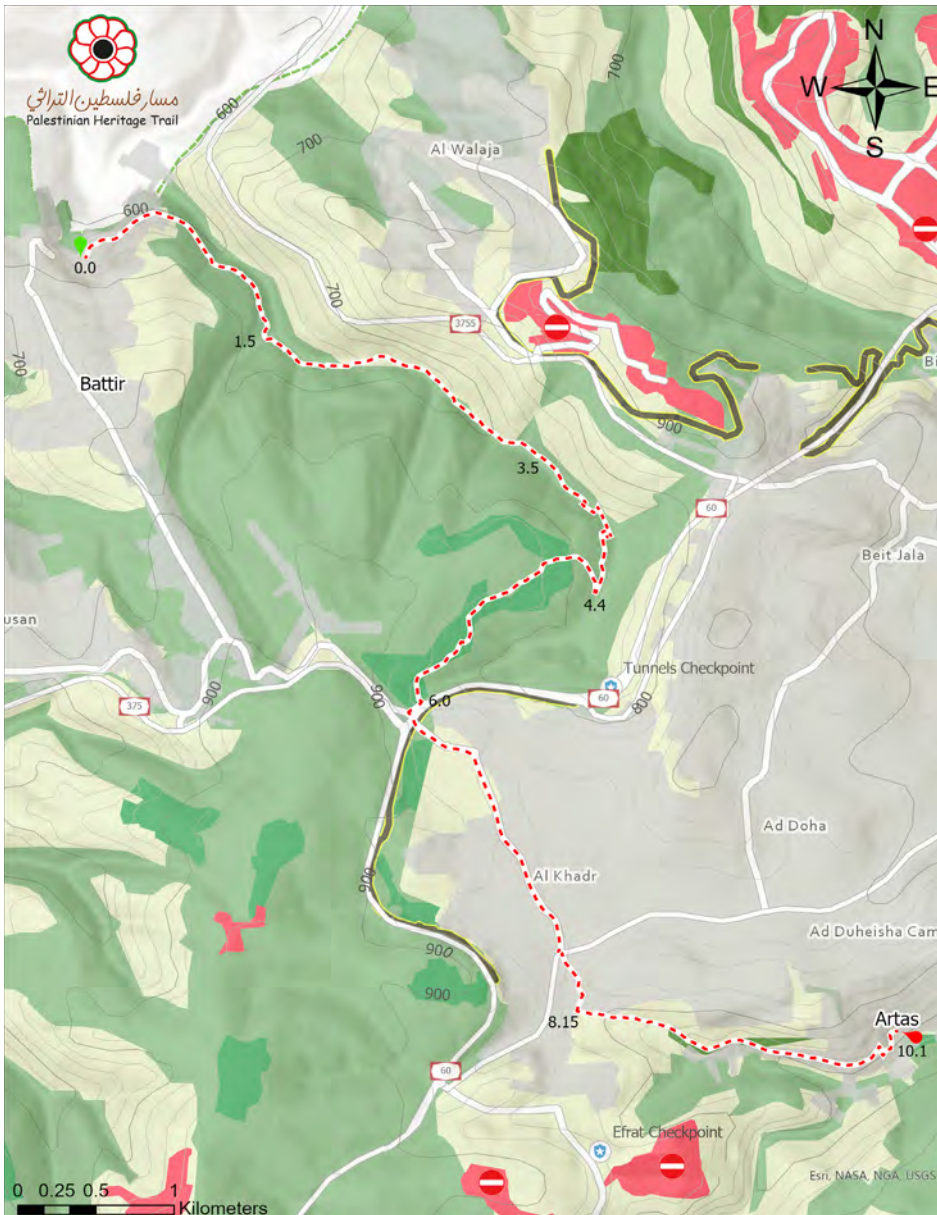
Battir Cooperative Society for Food Production:

where you can enjoy a variety of the women products of pickles, seasonal vegetable, and local fruits Jam.

Samah Abu Nema can be reached at What's app number +970586290352.



Roman Pool



Arch Way



Battir



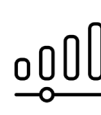
+850 m
+ 620m



3-4 hours

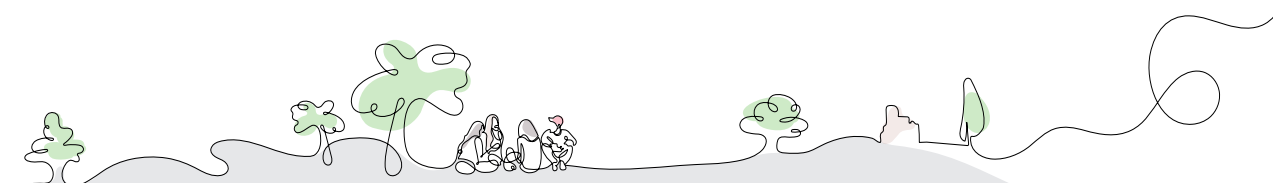


10.2km



Moderate

RECAP OF THE STAGE



Jabal El- Baba (The Popes' Mountain) is a Bedouin community located in East Jerusalem heights in the town of Ezeriya. Its 350 people population groups in 70 families that came from Bir As-Sabe'. They mainly depend on livestock for their living. They live on 36000 square meter area of the mountain space that was gifted by Late King Hussein Ibin Talal- King of Jordan in 1964 to Pope Paul VI during his visit to Palestine and was named after him to be called Jabal El- Baba.

Jabal El Baba is one of Jerusalem's hills that overlooks the city of Jerusalem and the Dead Sea, and it is characterized by the beautiful environmentalism as it has a water spring next to the Roman archaeologist ruin, which proves that the Roman lived there. Emerge yourself in the wilderness and climb the mountains with spectacular views for miles. Leading Al-Eizariya and hiking towards Wadi Abu Hindi, you will find yourself walking on the "Sugar Trail", which is an old trade route that used to transport spices and condiments up from the Dead Sea towards Jerusalem. The landscape will become different, and you will come across Bedouins from the "Jahhalen Tribe" throughout your journey. Emerging more into nature, you will cross another valley that is called Wadi Mukallak until you make all your way to the Sea Level Bedouin community.

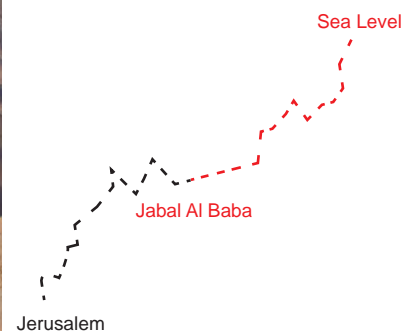
A place to stay

House of Hope, Lazarus Guesthouse, Al-Eizariya:

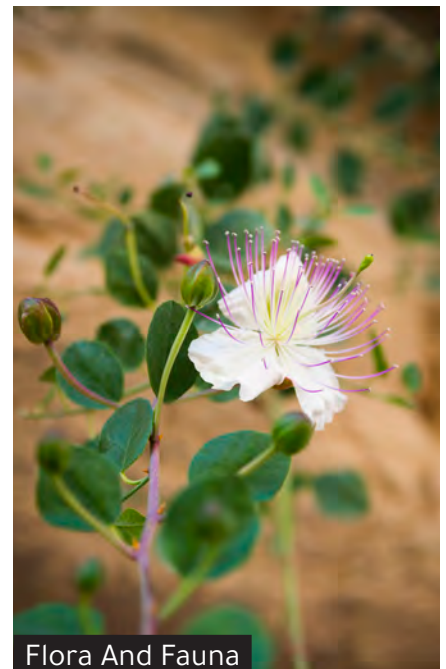
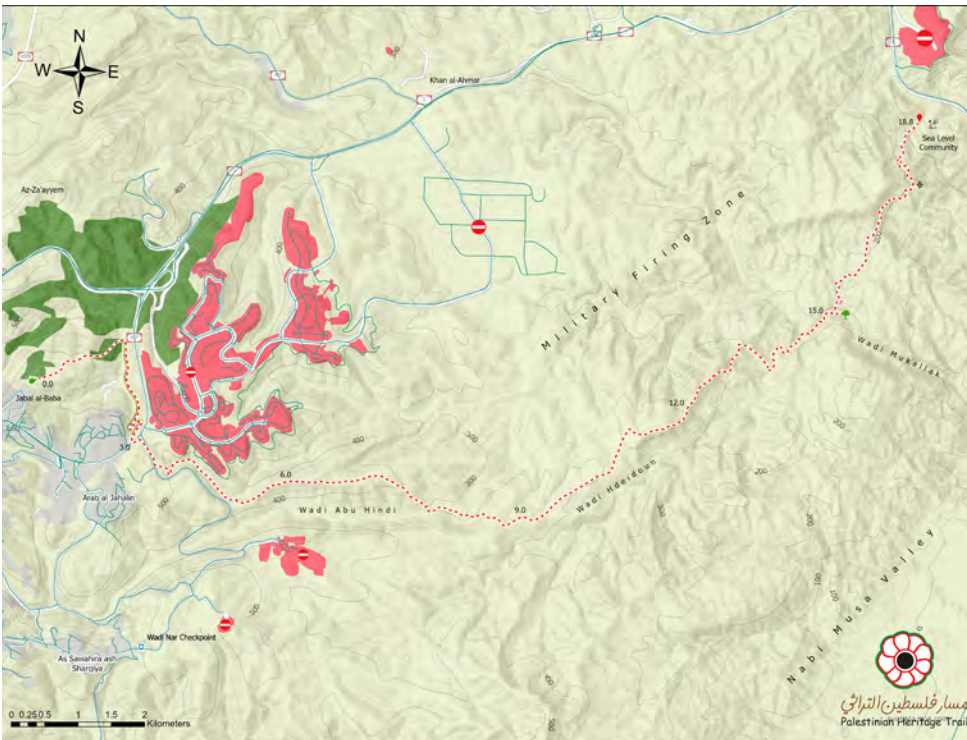
Milad Vosguertchian can be reached at what's app number +970569763908.

Sea Level

Jabal El-Baba



Bedouin Camp



Flora And Fauna



Wadi Abu Hindi



Palestinian Hospitality



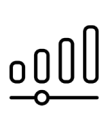
+580 m
+ 55 m



4-5 hours



18.8km



Challenging

RECAP OF THE STAGE



Wadi Mukallak

Jerusalem (Al Quds), as a Holy city for Christian, Muslims, and Jew, is one of the oldest continuously inhabited cities in the world. Archaeological excavations show that the history of the city goes back over 5,000 years ago. Among its 220 historic monuments are the Church of the Holy Sepulcher, Mount of Olives, Al-Aqsa Mosque, and the Dome of the Rock, built in the seventh century, which stand as magnificent pieces of architecture. It is also home to the church of the Holy Sepulcher, which houses Christ's tomb. The city has been known by different names throughout its history: Urusalim, Jebus, Aelia Capitolina, the city, Beit Al-Maqdis, and Al-Quds. Jerusalem's sites and long history presented an exceptional testimony to several ancient civilizations: The Bronze Age, the Iron Age, the Hellenistic era, the Romans, the Byzantine, the Crusaders, the Umayyad, the Abbasid, the Fatimid, the Ayyubid, Mameluk, and the Ottoman periods.

The Old City of Jerusalem and its walls is one of the best-preserved medieval Islamic cities in the world. It is divided into four main quarters: The Muslim Quarter, the Christian Quarter, the Armenian Quarter, and the Jewish Quarter. The old city has been home to various cultures, which is reflected in the architecture and planning of the city and its sacred buildings, streets, markets, and residential quarters.

Today, Jerusalem's living traditions continue, making the city the heart of human history. Explore the hidden gems inside the city walls of Jerusalem and wander through the old markets. Starting from Damascus Gate, the trail takes you through the old and different quarters inside the Old City of Jerusalem where you will see the vivid colors and different food tastes.

Leaving the Old City walls and heading towards the Mount of Olives, you will encounter different religious sites along the way until you reach the top of the Mountain with a spectacular panoramic view. Arriving At-Tur the trail starts to descend towards the village of Al-Eizariya after crossing Zaytouna Checkpoint. You will get the chance to visit the Tomb of Saint Lazarus, which is traditionally known to be the site of a miracle recorded in the Gospel of John in which Jesus raised Lazarus from the dead. After a walk in the village, you will reach a hill that is called "Jabal El-Baba", which means the Pope's Mountain, since the land is originally owned by the Vatican, and it is currently used by the Bedouins for accommodation.

People to meet

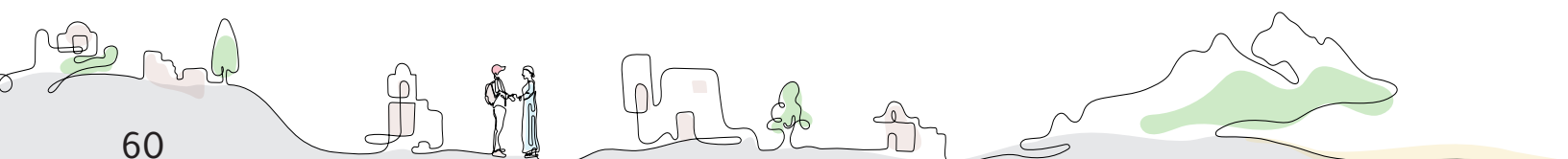
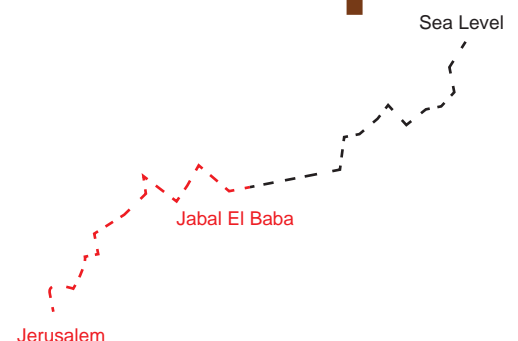
Al- Eizariya Charitable Society: Sana' Afghani can be reached at what's app number: +970599367030.

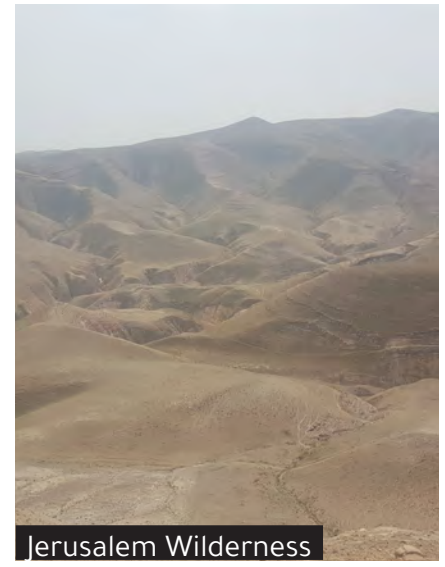
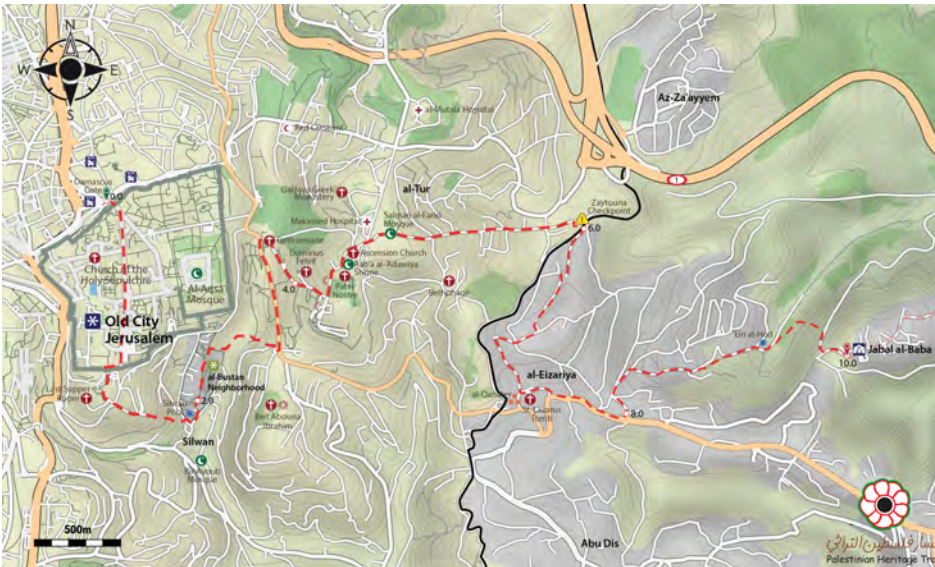
A place to stay

Jabal Al Baba Camping Tents - Jabal Al Baba: Attallah Jahaleen can be reached at what's app number +972595982639.

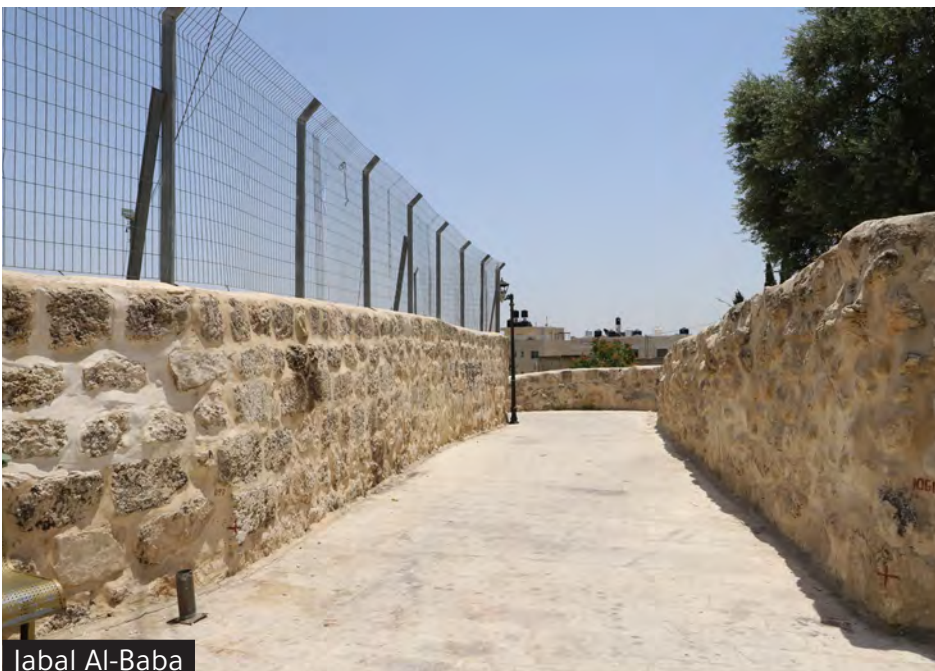


Hikers in Jabal Al Baba





Jerusalem Wilderness



Jabal Al-Baba



Jabal al-Baba



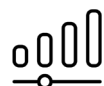
+800 m
+ 465 m



3-4 hours



10.7km



Moderate

RECAP OF THE STAGE



Silwan

This segment starts at the village of Beit Surik in the Northwest of Jerusalem through Biddo, Qbeibeh, Beit Enan and Beit Duqqa. These small communities that vaguely overlooks the Palestinian coast are culturally very rich in details, cuisine, architect, and stories. While in Qbeibeh, you must visit the Church and the Roman pool that are the main attractions for the village guests.

Ending in Beit Duqqa, a lofty village that is located on Ras Mountain 13 km northwest of Jerusalem. The 750 meters above sea level village is full of grapevines and Olive trees.

The village is full of historical maqams and ruins, such as Maqam Sheikh Omar, Maqam Sheikh Ismail, the area of "Akd Ein Suliman" and the ruins of Ein Jifna. Beit Duqqa village was named in 1400 AD after its founder Sheikh Omar Al-Daqaq."



Points of Interest

Al-Qbeibeh village: is known for its cool climate during the summertime and its natural landscape. The village serves as a tourist destination because it houses an over-a-century-old Franciscan church that was built on the remains of a Crusader precursor at the very place where Jesus Christ is thought to have shared bread with two of his disciples. The village has remains of the cobble-stoned Roman road that connected the coastal city of Jaffa to Jerusalem. This historic road is surrounded by remains of Crusader houses.



People to meet

Beit Duqqa Development Society- Beit Duqqa:

Contact Fatma Murrar at what's app number +972597222349.

Bait Emmaus Cooperative for Food Processing- Al-Qbeibeh:

Contact Nabeeha Salman at what's app number +972599242051.

Society Feminist Center Beit Surik- Beit Surik:

Contact Em Hatem at what's app number +972598954929.

A place to stay

Abdul Baset Musleh Guesthouse - Beit Duqqa:

Contact Abd at what's app number +97259626990.

Samira Mahmoud Samara Guesthouse - Al-Qbeibeh:

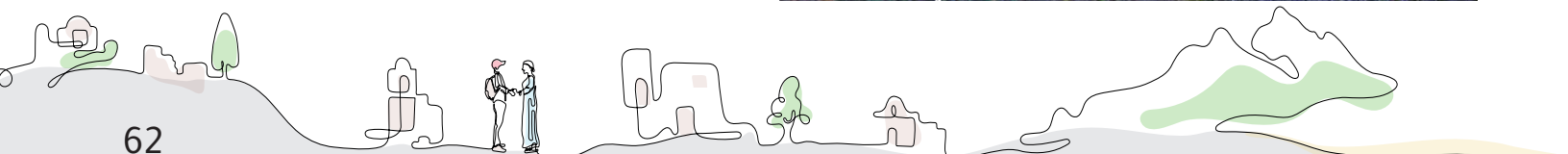
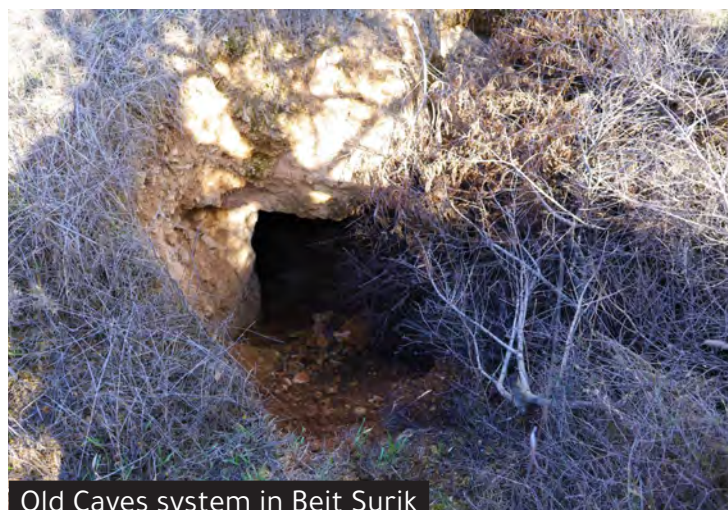
Contact Samira at what's app number: +972597120698.

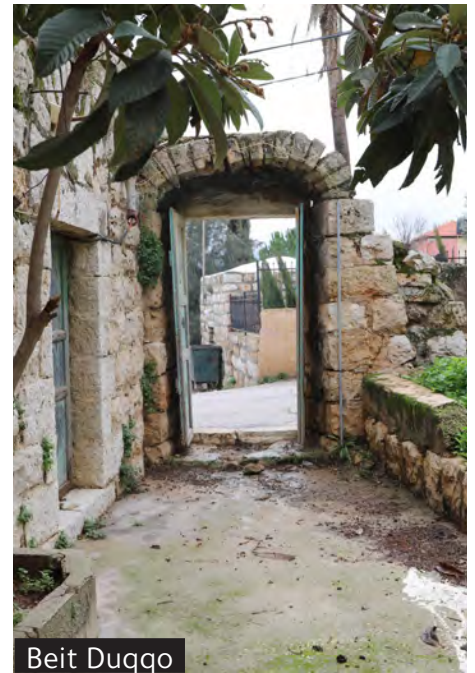
Safwat Jumhor Guesthouse - Beit Enan:

Contact Safwat at what's app number +972569291727.

Dalal Guesthouse - Beit Duqqa:

Contact Safwat at what's app number +972569291727.

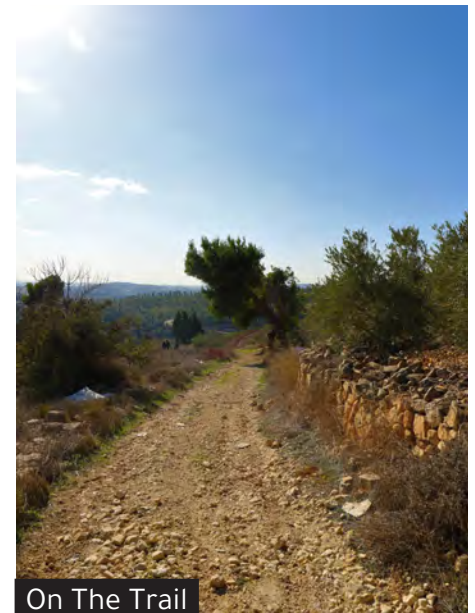




Beit Duqqa



Al-Qbeibeh



On The Trail



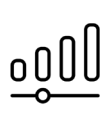
+800 m
+ 465 m



3-4 hours



10.7km

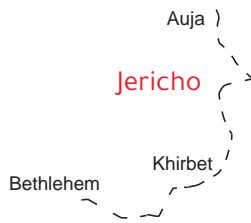


Moderate

RECAP OF THE STAGE



Beit Surik



Experience, Biking Jericho !

Biking Jericho is a unique experience along Palestinian Heritage Trail. Jericho, known to be one of the oldest inhabited cities in the world (9000 AD) and the lowest city in the world (240 meters below sea level). There are many Oases in Jericho and Jordan Valley known as (the city of Palm trees) where you can discover amazing historical heritage of Palestine. Riding a bicycle there makes the tour more interesting.

You can make it alone or you can contact a PHT partner tour operator. Jericho Old City is a world unto itself with the varied colors and smells of its stalls and their fruits, vegetables, spices, Za'tar, tobacco and popular cafés.

Points Of Interests

Mount of Temptation Monastery: The summit of the mountain of temptation rises sharply 350 m above sea level commanding a magnificent view of the Jordan valley. The 30 to 40 caves on the eastern slopes have been inhabited by monks and hermits since the early days of Christianity. It is the site where Jesus spent 40 days and nights fasting and meditating during the temptation of Satan. A monastery was built in the 6th century over the cave where Jesus stayed. The Trail leading to the monastery is very steep and difficult to climb but is well worth the walk.

The Sugar Mills: Dating back to Omayyad period (7-8 centuries) but were at their height during Crusader days.

Tell Es-Sultan (Sultan Hill): Is an archaeological site of the ancient city of Jericho, where excavations date back to 9600 - 7700 BC.

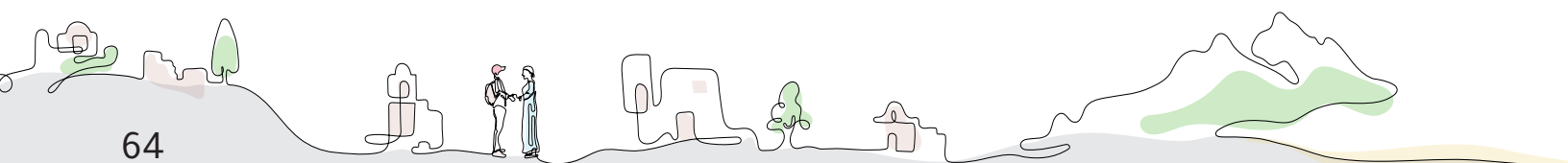
Tell Es- Samarat (Samarat Hill): A hippodrome-theatre that dates to Herod.

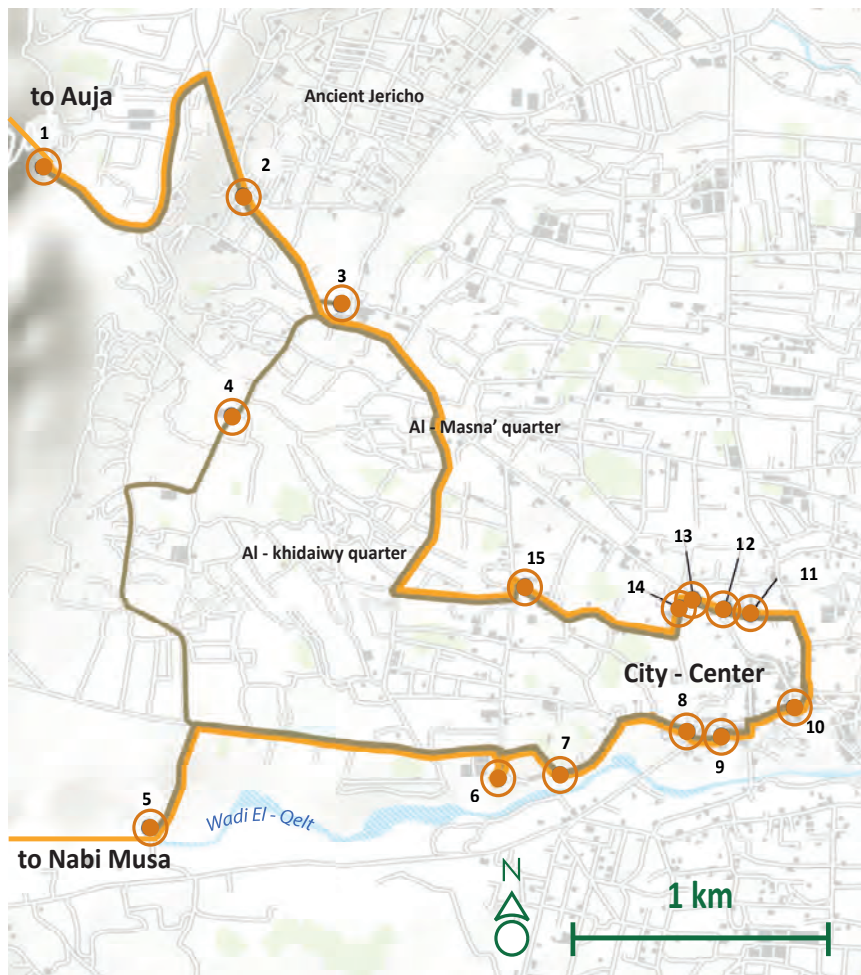
The ruins of Herod's Winter Palace: Dating back to the late Hellenistic- early Roman period, built on a small hill on two water banks.

Zacchaeus' House: It is said to be the place where he invited Jesus Christ.

Sycamore Tree/ Zacchaeus Tree: He is said to be one of rich tax collectors who climbed the tree to watch Jesus Christ where Jesus asked him after that to climb down then he invited Jesus to his house.

The Russian Museum: Located near the tree and exhibits local archeological pieces.

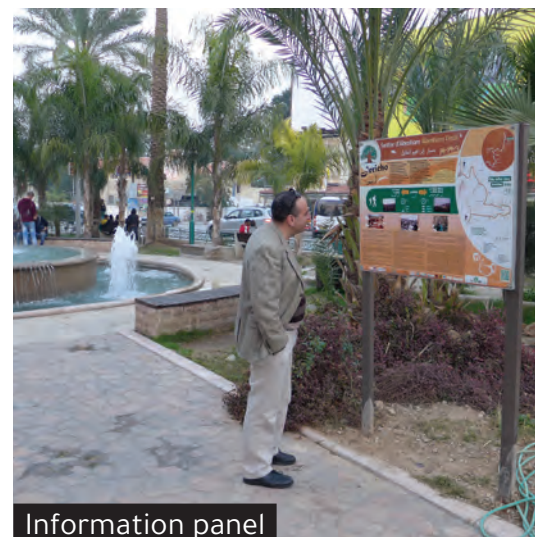




Map Legend

- Points Of Interests
- City tour
- Bike tour

- | | | | |
|---|--------------------------------------|----|----------------------------------|
| 1 | Mont des Tentations | 9 | Local market |
| 2 | Sugar refinery | 10 | Tourist info point |
| 3 | Tell el Sultan | 11 | Craft market |
| 4 | Tell es Samarat | 12 | Zaccaria tree and Russian museum |
| 5 | Herod's Palace | 13 | Ethiopian Church |
| 6 | House of Zaccus | 14 | Women's Cooperative |
| 7 | Houses in earth and aqueduct Ottoman | 15 | Roman Church |
| 8 | New mosque | | |



Information panel



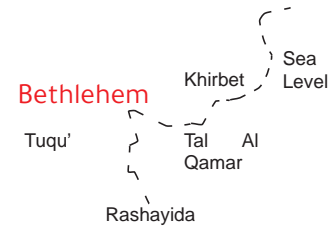
Sycamore of Zacchaeus



Bike tour



Bethlehem City Tour



This tour is available for everybody. You can walk on the typical and symbolic streets of Palestine: Bethlehem, for Christians, is the place where Jesus was born, besides to many sites and locations that follow the Nativity story, Such as the Manger Square, the Milk Grotto, and The Nativity Church. Here, you are in the heart of the history of the Bible.

In Christmas, streets and markets become more amazing, glowing in the light of the sky especially in Star Street. A unique experience! You can go on this tour alone or you can contact any of PHT partner Tour Operators.



Points of Interests

The Church of the Nativity: The Church of the Nativity is one of the oldest churches standing to this day, as the first church was built by the Roman Emperor Constantine in the fourth century AD over the cave in which Mary gave birth to the baby Jesus and Constantine and his mother Helena built the wonderful and majestic church decorated with marble and beautiful mosaics.

The Milk grotto Chapel: According to Christian tradition, the Milk Grotto is where the Holy Family found refuge during the slaughter of innocents before they could flee to Egypt. The cave acquired this name (milk cave) from the fact that a drop of Virgin Mary's milk fell to the ground and the cave changed color to white.

The Manger Square: It is the heart of religious life in Bethlehem. It was renovated in 1998-1999 and again in 2014-2015. All celebrations are held in Manger Square throughout the year in addition to Christmas celebrations. Manger Square is surrounded by the Church of the Nativity, the Church of St. Catherine, the Omar Ibn Al-Khattab Mosque, the Bethlehem Peace Center, and the Bethlehem Municipality.

The Mosque of Omar: It is the oldest mosque in Bethlehem. It is considered the main mosque in the city, and this mosque was dedicated to the memory of the Caliph Omar Ibn Al-Khattab, who visited the city of Bethlehem in 637 AD after he had issued a decree pledging the safety of all Christians and clergy and respect for their sanctities.

Bethlehem International Museum: The museum is located inside the Salesian Monastery and contains several mangers from all over the world. It is presented in a creative and interesting way that reflects the original act of the birth of Jesus using the traditional and cultural methods of each nation.

King David's Wells: These are three deep wells dug into the rock to collect rainwater, and these wells were mentioned in the Old Testament. It is believed that these wells are of Canaanite origin, and there are the remains of an ancient Byzantine monastery with a church in the name of David the prophet, and the floor of the church is lined with mosaics and has clear inscriptions in Greek.

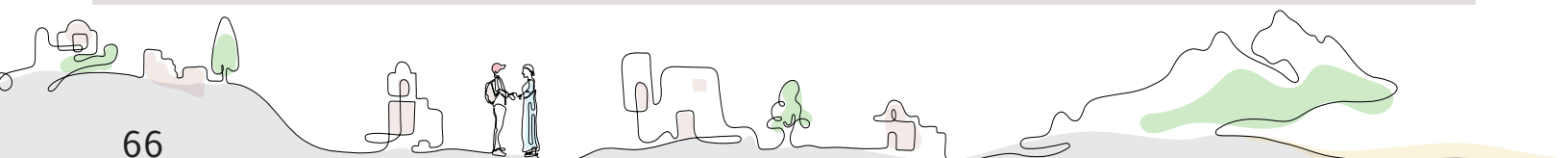
Bethlehem University: Bethlehem University offers a distinguished university education that cultivates the human being within an educational community that provides a transformative educational experience that touches the heart and mind through its academic programs, scientific research, extracurricular activities, and community participation. Bethlehem University opened its doors to students on the first of October 1973, with 112 students.

Al-Bad Museum: The Al Bud Olive Oil Production Museum, also known as the Bad Jaqman Museum, is in the heart of Bethlehem's Old City within an old building dating back to the eighth and nineteenth centuries AD. The museum includes a collection of archaeological and ethnographic artifacts depicting the process of olive oil production, and the exhibits explain how olive oil is used in lighting lamps, medicine, food, soap production, cosmetics, and many other things.

The International Center of Bethlehem/ Dar An-Nadwa: It is an institution affiliated with the Lutheran Church, established in 1995, to provide a range of programs and activities that meet the various needs of the Palestinian society, especially children, youth, and women.

Al Manarah Roundabout: It is a roundabout in the middle of the first steps of the old market and the junction, which leads to Manger Square and the Zarara Arch Junction. It is an artificial water fountain built by the Bethlehem Municipality to decorate the place.

Old Gate (Azzarara Arch): The Arch of Zarara is the main gate to the city of Bethlehem from Jerusalem. According to tradition, the Virgin Mary and Saint Joseph are said to have crossed this arch to enter the city of Bethlehem. This arch existed since the Canaanite period, and was rebuilt by Emperor Justinian, and again in the fifteenth century by the Ottomans.

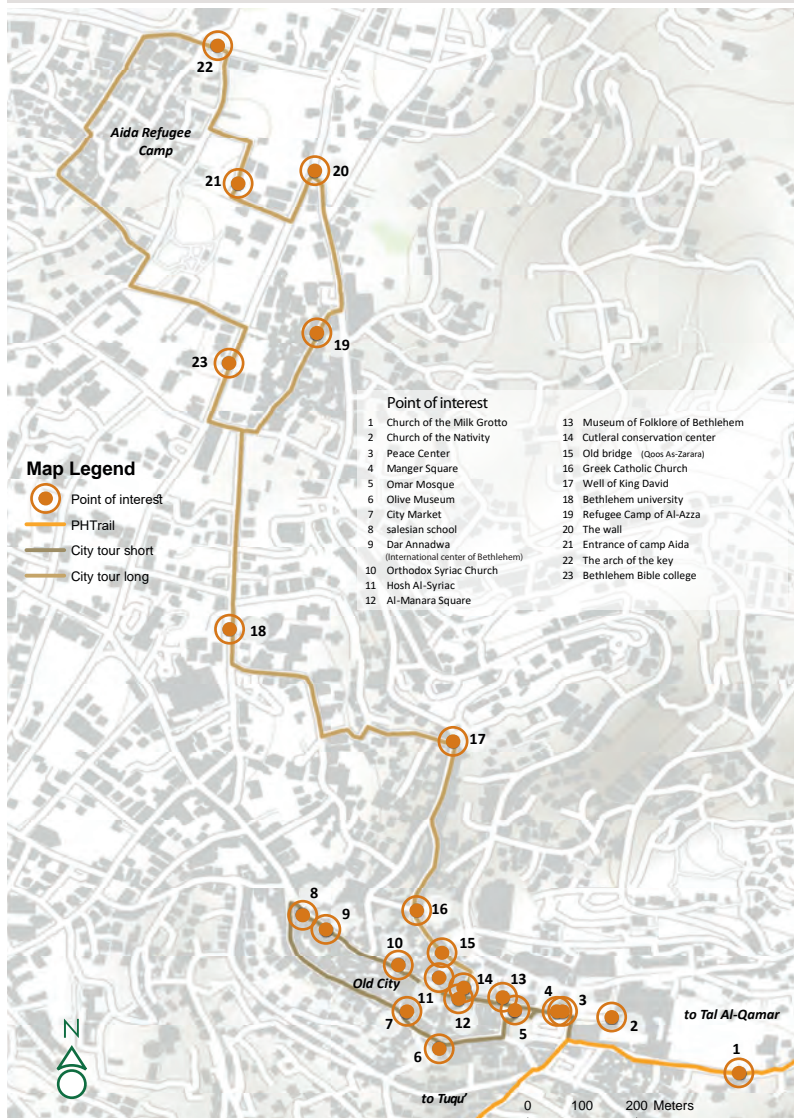


The Greek Catholic Church: It is an Eastern church of the Holy See or the Vatican, headquartered in the Syrian capital Damascus. Built by the Catholic pastoral of Greece in 1963, the church in Bethlehem is located on the historic Star Street a short distance from Manger Square and the Church of the Nativity, and is characterized by its meticulously handmade bells, high craftsmanship and picturesque decorations carved into stones.

Shepherd's Field- Beit Sahour: Tradition refers to the cave where «the shepherds were watching» (Luke 2:8), on the night Jesus was born, where the history of the lives of the saints speaks that the angel Gabriel the archangel spoke to the shepherds and listened to the angels' proclamation «Glory to God on the highest, peace on earth, and joy to men» (Luke 2:14). The site is famous for its ancient olive trees dating back to the time before the birth of Christ, as two of these trees mark the site where the Prophet David wrote many of his psalms.

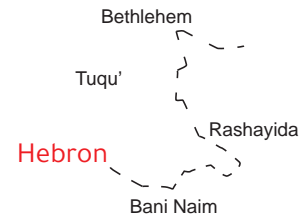
Cremisan Winery- Beit Jala: The Cremisan Monastery was founded in 1885 in the Cremisan Valley, located 5 km from the city of Bethlehem, on the ruins of a Byzantine monastery dating back to the seventh century AD. Located in Wadi Khasab overlooking the cities of Bethlehem and Beit Jala, the monastery includes a winery run by monks and relied upon as a source of income that contributes to the preservation and development of the monastery and the operation of local hands, a theological institute to train young people from all over the world to join the priesthood, and areas of agricultural land and picturesque gardens that enable visitors to stroll in the lap of nature.

Al-Azza Refugee Camp: The camp started in 1950 in the north of the city of Bethlehem. It is the smallest refugee camp in the West Bank at just 0.02 square kilometers, built on a plot of land leased by UNRWA from the Government of Jordan. Beit Jibreen camp was named after it, as 50% of the camp's population hails from the village of Beit Jibreen, which is located on the western hills of Hebron in 1948. It is also called al-Azza camp after the al-Azza family, displaced from the village of Beit Jibreen, who make up more than 60 percent of the camp's population.





Hebron City Tour



A city that is complicated in its structure, whether in its historical heritage or in its political situation. It is a sacred city for the 3 heavenly religions that contains breathtaking religious and cultural heritage. The name of the city (Khalil Ar-Rahman) refers to Ibrahim El Khalil.

The city is considered a very important and symbolic stage for Palestinian Heritage Trail in which we can see Ibrahimi Mosque/ Cave of the Patriarchs containing Ibrahim El Khalil's grave. Visitors who are interested in traditional hand-made craft in Palestine will enjoy being in Hebron due to its special factories for Palestinian handicrafts.

Points of Interests

Al-Sadaqa Garden : A small green Garden in the center of the old city of Hebron which was established by Hebron Rehabilitation Committee (HRC) and Temporary International Presence in Hebron (TIPH).

Ibrahimi Mosque : Built on a grotto and is considered the spiritual center in Hebron.

Birkat Suleiman : A pool built in Sultan Safi Ed-Din era (Mamluk Era) which aimed to provide Hebron city with water.

Tell Rumeida: It is said to be the first human settlement in Hebron, established next to Ein Judeida water spring in the Early Bronze age. In the Middle Bronze Age, the site was surrounded by a Cyclopean Wall and the archaeological findings prove that the place at that time functioned as an administrative center.

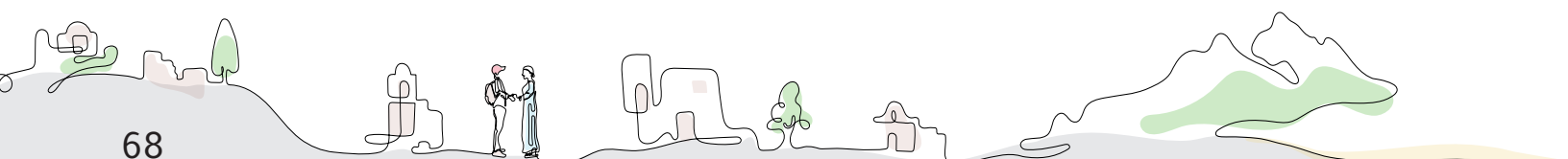
Hebron Museum: An archeological museum exhibiting tools dated back to the Canaanite period.

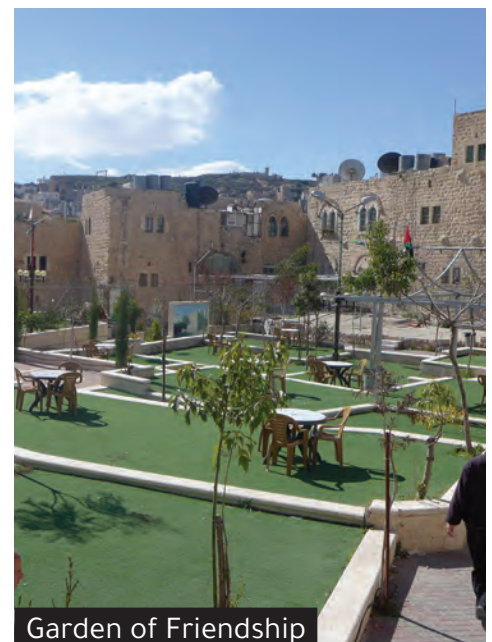
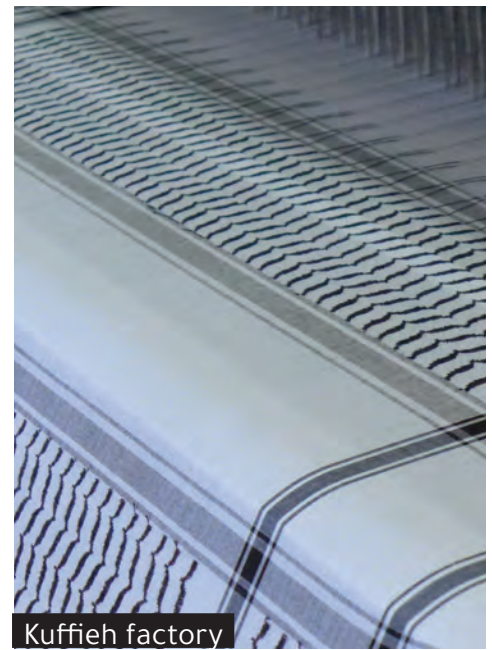
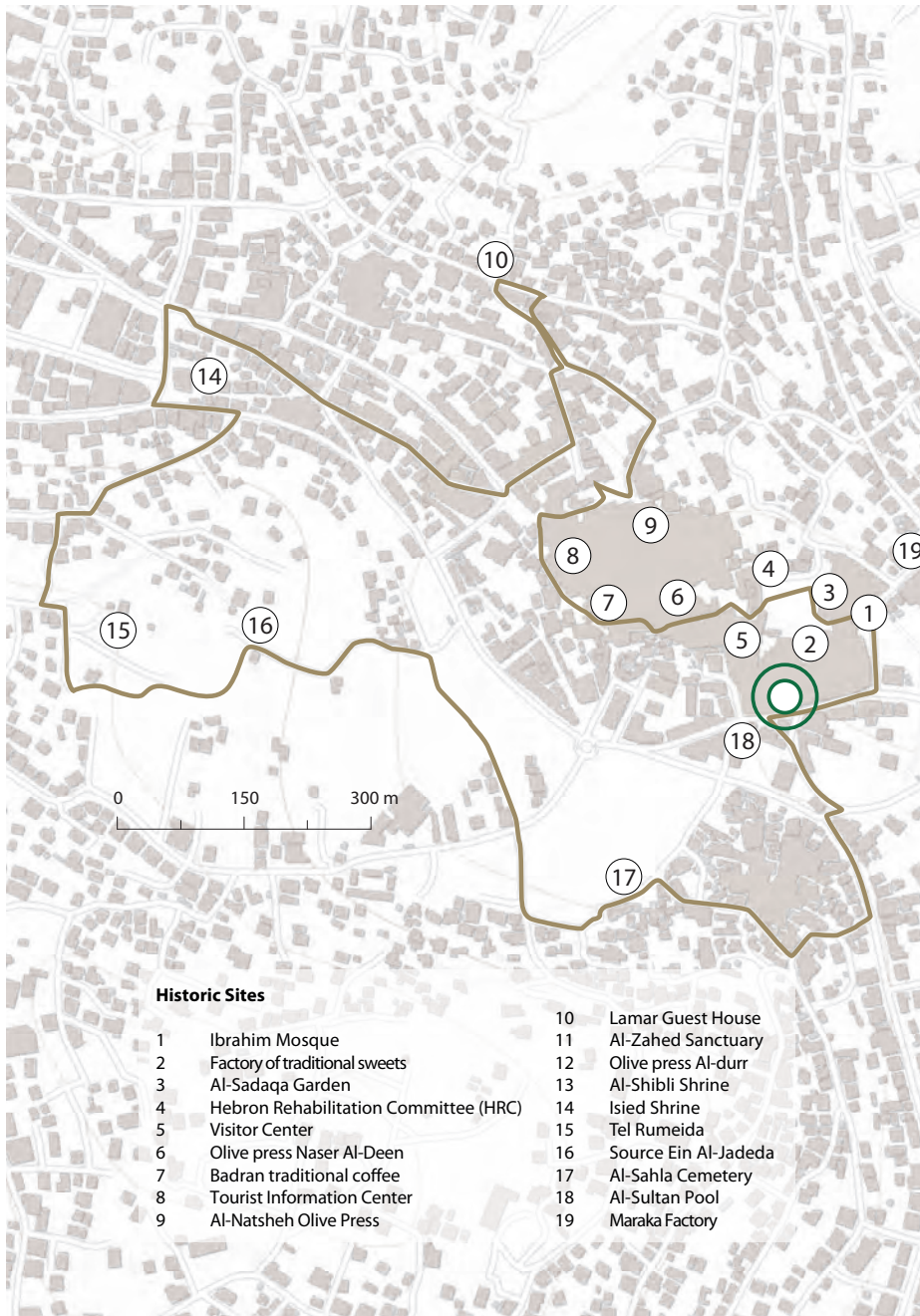
Factories and markets: Olive presses, Traditional Sweet factories, Handmade crafts stores such as ceramics, glass, and Kuffiyeh.

People to meet

Hebron Rehabilitation Committee (HRC): is an institution responsible for protecting the historical heritage in the city of Hebron and rehabilitant and restoring old houses and buildings aiming at supporting the old city and proving living conditions for its people.

HRC can be contacted via what's app number +972 22 226993/ or visit their website at www.hebronrc.ps







At-Tur City Tour

“The Mount of Olives” or “Jabal Al-Zaytun” in Arabic, Al-Tur or the village of Al-Tur is a very old name from before the days of Jesus, and its origin is “Tur Zeta”, meaning the “Mount of Olives”, where it developed in the sense of a mountain.

To the East of the Old City of Jerusalem, it is considered one of the oldest villages in the city of Jerusalem and is home to many religious and archaeological sites that have turned it into a well-known tourist destination.



Points of Interests

Rabi'a Al -Adawiyya: Rabi'a was born for a poor family in Basra, Iraq. Her father, a Sufi, and an ascetic himself, believed that the Prophet came to him in his dreams the night Rabi'a was born. However, Rabi'a's good fortune did not last long, as her parents died early in her life. Orphaned, she was sold into slavery. It is believed that at one point in her time as a slave, she spoke to God after slipping and dislocating her wrists. She then committed herself to Him, fasting during the day and carrying out her tasks. This image, symbolizing that of a Muslim Saint, was enough for him to free her from slavery. It is said that she then spent several years worshipping in the desert and performed a pilgrimage to Mecca. In her later years, Rabi'a moved to the “Mount of Olives” in Jerusalem and lived as a hermit inside the “Tomb of Pelagia” near the “Chapel of Ascension”. Eventually, she too was laid to rest there.

Pater Noster: Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than us, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness. This is exactly what you feel in “The Church of the Lord's Prayer” regardless of your belief.

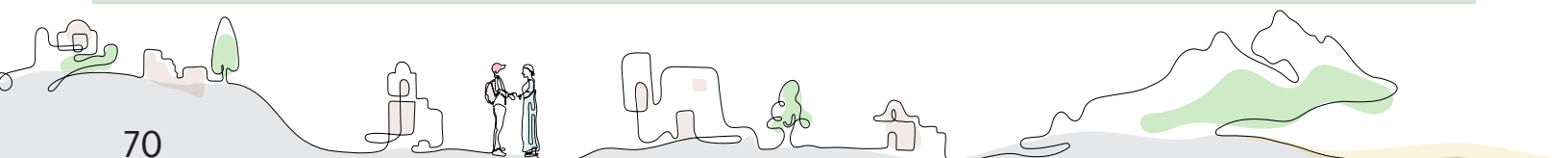
Church of the Ascension, also named “The Russian Orthodox Church of the Ascension”: The 200 feet tall Tower rises over the village of At-Tur located on the Mount of Olives. According to Russian Orthodox tradition, this was the site of Jesus' Ascension. The church and convent were built in 1870-1887 and include a chapel dedicated to John the Baptist.

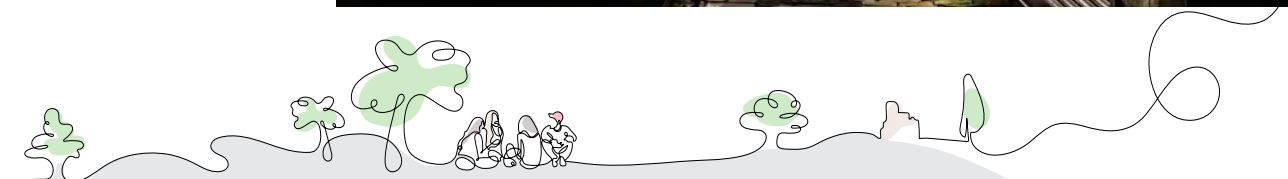
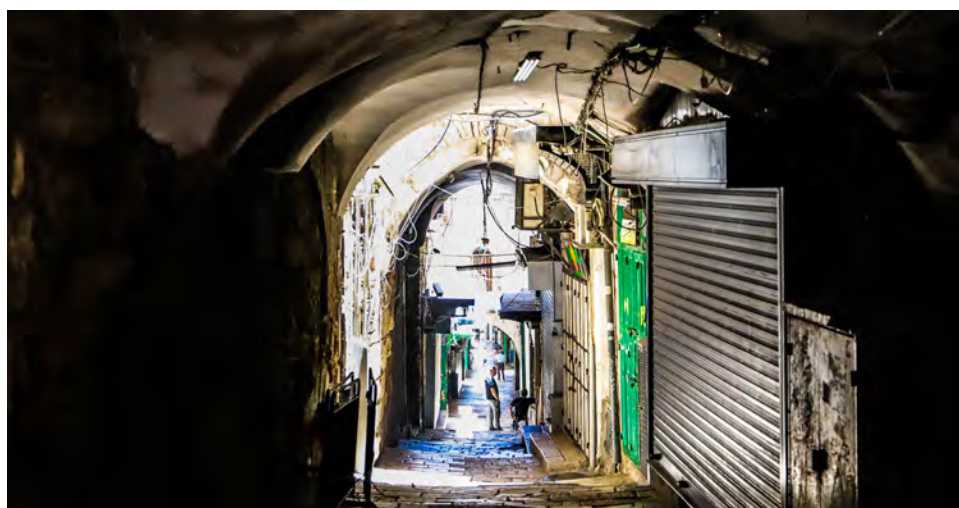
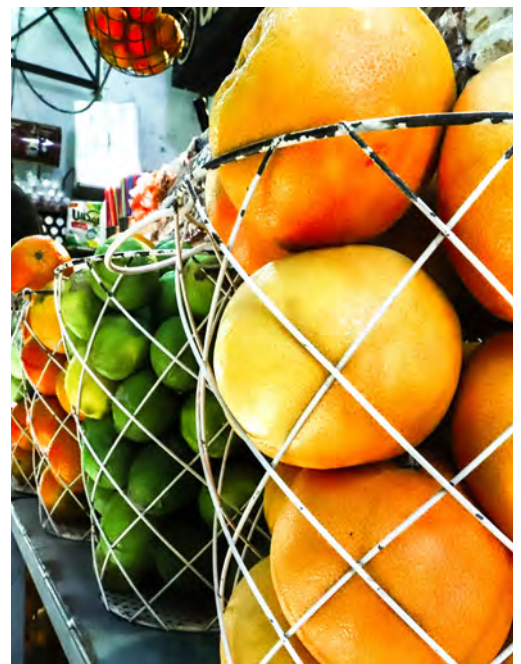
Church of All Nations (Basilica of the Agony): Considered by many to be the most prominent and beautiful church on the “Mount of Olives” with its stunning gold mosaic, the church is situated right next to the garden of Gethsemane and marks the place where Jesus prayed in deep agony on the night of His arrest.

Chapel of the Ascension: Situated at the highest point of the Mount of Olives, the small octagonal chapel with the distinctive dome was originally constructed in 392 AD, marking the traditional spot from which Jesus is believed to have ascended to heaven. A stone with an embedded footprint is believed to be the footprint of Jesus as he stepped up to heaven.

Salman Al Farsi Mosque: He was given this name concerning the great companion Salman Al-Farsi, one of the first companions to embrace Islam from Persia. The shape of the mosque today dates to the year 1910. The mosque was inside a cave for many years, and it is one floor and a minaret, in addition to the shrine of the companion Salman al-Farsi.

The Jerusalem Princess Basma Centre: It is a charitable, non-governmental, non-profit institution entrusted under the Anglican Episcopal Church. The center provides services for children with disabilities in Jerusalem.







Old City of Jerusalem Cultural Tour

Points of Interests

1. Bab Ez Zahreh (Herod's Gate): Herod's Gate is a gate in the Northern Walls of the Old City of Jerusalem. It connects the Muslim Quarter inside of the old city to the eponymic Palestinian neighborhood of Bab Ez- Zahreh, situated just outside. It is a short distance to the East of the Damascus Gate.

2. The Indian Corner: The Indian Jerusalem tale is an engaging story replete with Indian saints and soldiers, Indian pilgrims and princes, and a Jerusalem Indian-Palestinian family Ansari that has kept an "Indian corner" alive in Jerusalem through wars, conquests, and occupation. The story of the hospice or the Indian Corner stretches through many centuries, the family's own Jerusalem connection commenced in October 1923 when Haj Amin Al-Husayni, the Mufti of Jerusalem and president of the newly formed Supreme Muslim Council, dispatched a delegation to India. A key mission was to raise money from wealthy Muslim princes there for the Mufti's restoration program on Al-Haram Ash-Sharif. In that dark underground chamber, it is said, Baba Farid fasted and meditated, which included hanging upside down in a dark room for forty days.

3. Burj Al-Laqlaq Social Center Society: was established in the year 1991 in the aim of providing services to the Jerusalemite community within the Old City walls, in addition to improving the social, intellectual, and physical reality for youth, children, women and people with special needs in the old city of Jerusalem.

4. Sabil Ibrahim Al-Rumi: The Sabil was known as Sabil Al-Basiri and Sabil Bab Al-Nazir, but according to the foundation inscription, the one who renovated it was Ibrahim Al-Rumi in the Mamluk era, during the reign of Sultan Al-Ashraf Sayf Al-Din Barsbai, Egypt's 9th Mamluk Sultan. The Sabil is built over a dome covering a large well-carved rock. The Sabil is a free-standing structure not attached to any adjacent building that caters to people who arrive from Bab Al-Nazir and Bab Al-Ghawanima.

5. African Community: People of West African origins living in the Old City of Jerusalem make up one of the most marginalized and minoritized communities in the city. In terms of their socio-economic history, they used to represent one of the largest ethnic groups in Jerusalem before the 1948 War. In the Old City, West African nationals have mostly been categorized as custodians and guardians of Holy sites and schools. However, their socio-economic profile is far more complex. They are involved in many kinds of economic activities and are settled in both the urban centers and rural villages. The peak of their migration took place during the colonial period in Africa, and most of them have now been permanently settled for over a century. They interact with other ethnic groups daily and share many common socio-economic concerns with their neighbors due to economic and political turbulence in the city.

6. Suq El-Qattanin: Is among the most famous Suqs in Jerusalem. It is adjacent to Al-Aqsa Mosque and leads to it from the Western side. It represents a vital connecting point between Al-Aqsa Mosque and Al-Wad Street. The current name, Suq Al-Qattanin, is not its original name but dates to the 15th century AD when Suq was famous for the sale of cotton and its derivatives. Sometimes, locals refer to it as the 'Dark Suq' due to the variance in light compared to the open parts of Al-Aqsa Mosque. It should be more rightly named after the person who built it, Prince Tankiz Al-Nasiri, the powerful Levant commissioner (737 AD).

7. Sabil Bab Al-Silsila: Sabil (Drinking water Fountain) Bab Al-Silsila dates to the Ottoman era and was built in 1536 - 37 AD as part of the water system project ordered by Sultan Suleiman Al-Qanuni (Suleiman I), which included building nine Sabils, only six of which are remaining, and constructing the water canal from the Suleiman Pools. It is a Sultanate Sabil that follows a new style of Sabils built in Jerusalem, one not used in the past. The style is simple, composed of a recessed niche wall. There is no water supply room, windows, or water well, like Ayyubid or Mamluk Sabils. The sabil's niche has three parts: the upper is a pointed chevron arch with the knight's rank. In the middle is an ornament which was originally a large window with an upper arch, with the inscription plaque below it. The inscription dates Sabil's construction, mentioning Sultan Sulieman's names, titles, and the date on which the structure was completed.

8. 'Uthmaniyya School: The 'Uthmaniyya School is located on the Western Wall of Al-Aqsa Mosque to the south of Bab Al-Mutawada', between the door of Suq Al-Qattanin and the Al-Ashrafiyya school. The 'Uthmaniyya was funded and built by Asfahan Khatun, the daughter of Prince Muhammad who was known as Khanum. Lady Asfahan generously spent time on her school, given that this school's Waqf included the lands of the village of Kafr Qar' and others in the lands of the Rum. The Waqf had a teacher, a Quran reader, nine students, and some Sufis.

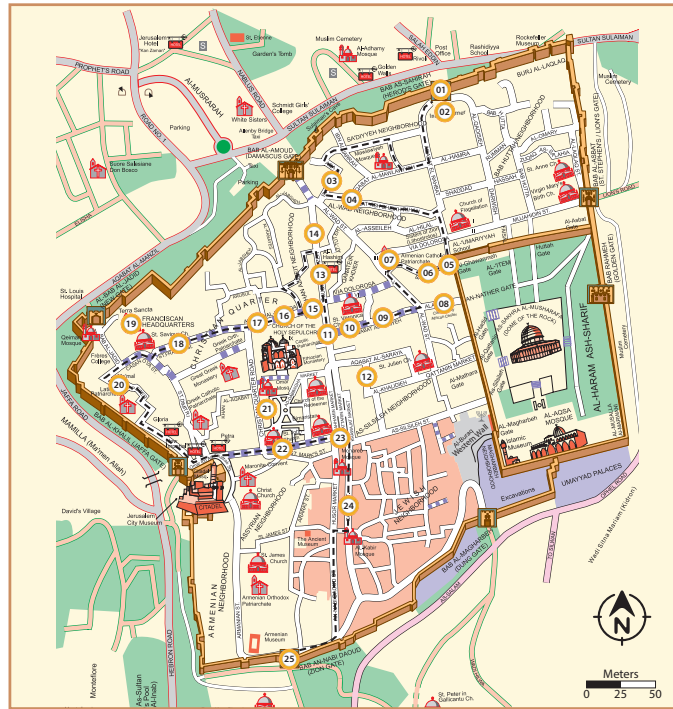
9. Sabil Al-Khalidi: The founder who assigned this Sabil as a Waqf (religious endowment) is the pride of scholars and teachers, Muhammad San'allah Al-Khalidi, son of Khalil Al-Khalidi. The family name (Al-Khalidi), the titles of the founder and those of his father as mentioned in the Waqf document indicate clearly that Muhammad San'allah Al-Khalidi was a prominent dignitary of Jerusalem during that era. The roots of the Al-Khalidi family, as registered in the Waqf document, have a deep history into the early years of Islam and Khaled Ibn Al-Walid, the Prophet's companion. The Khalidi family and its members had a pioneering role in the history of Jerusalem and Palestine. Many of its members assumed important, influential positions during and towards the end of the Ottoman period.

10. Al-Khalidiyyah Library:

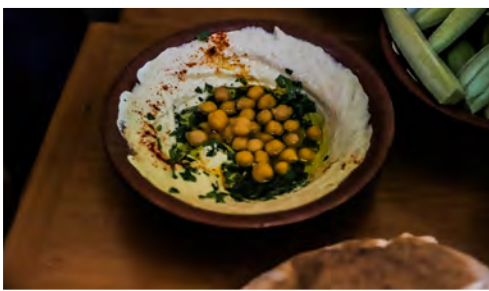
Al-Khalidiya Library, an ancient building that dates to the thirteenth century AD, is at the heart of the city of Jerusalem, one hundred meters away from Al-Aqsa Mosque in the “Bab Al Silsila” or “Chain Gate” area and overlooks Bab Al Magharbeh “Dung Gate”.

11. Mausoleum of Turkan Khatun:

Turbat As-Sayida Turkan Khatun is located on the North side of Bab As-Silsila Road. According to the foundation inscription, it belonged to a woman, or khatun in Turkish, a daughter of one of the Uzbek princes. She was a descendent of one of the Islamic families that ruled the eastern Islamic world. It appears that Turkan Khatun wished to reside in the Old City, and when she died, she was buried in Jerusalem in this mausoleum which was built especially for her. There is also the possibility that Turkan Khatun passed through Jerusalem on her way to pilgrimage and decided to settle in it.

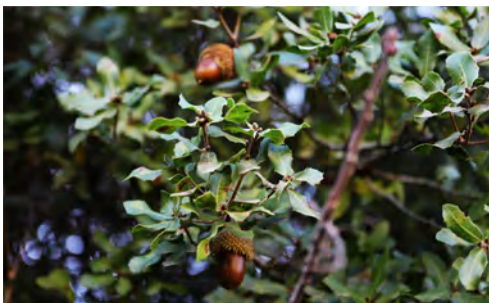


12. Khan As-Sultan: After visiting the three Suqs, at the Southern end of Suq Al-Khawajat is the start of the street to Bab AS-Silsilah. Ten meters further down, one finds the entrance to Khan As-Sultan, also known as Al-Wakala. It is attributed to the Mamluk Sultan Al-Zahir Barquq, who renovated it in 1386 AD. The Khan is composed of two floors, the lower of which was used for keeping animals and receiving goods arriving in Jerusalem from the countryside, while the upper floor included private areas used for receiving guests, normally traveling traders. The income from this Khan was earmarked for Al-Aqsa Mosque maintenance projects, amounting in the 9th Century H to about 400 gold dinars. This Khan was a center for commercial life, whereby goods were priced, taxed, and distributed to retail traders.



13. Suq Al-'Attarin: is the middle one among the three Suqs and is also the middle of Cardo Street, extending from the end of Suq Khan al-Zait until the beginning of I-Bashura. It is recommended that visitors visit this Suq in full, given its small size. Note that this Suq is relatively narrow, and fully covered with cross-vaults, with openings in the middle for light and ventilation. When the sun's rays pass through these vents and reflect on the colorful goods exhibited in shops, they add a poetic touch to the Suq and make passing through it and enjoyment that is worth the effort.

14. Suq Aftimos and Suq Al-Dabbagha (The Tanners' Market): was established at the beginning of the twentieth century by the Greek Orthodox Patriarchate. Today, this lively street offers various shops that sell leather products and beautiful souvenirs from Jerusalem. Traditional restaurants abound, offering rooftop dining with stunning views of the surrounding Old City.



15. The Citadel: was established at the beginning of the twentieth century by the Greek Orthodox Patriarchate. Today, this lively street offers various shops that sell leather products and beautiful souvenirs from Jerusalem. Traditional restaurants abound, offering rooftop dining with stunning views of the surrounding Old City.

16. Jaffa Gate (Bab al-Khalil): is in the western wall of the Old City, near the northwest corner of the Citadel. The gate was known as Bab Mihrab Daoud in the early Islamic period, Bab Daoud in the Franks era, and today it is called Bab al-Khalil (Hebron Gate) in Arabic and Jaffa Gate in English.



Old City of Jerusalem Historical Tour

Points of Interests

1. Damascus Gate (Bab El- 'Amud): The Damascus Gate is one of the main Gates of the old city of Jerusalem. It is in the wall on the city's Northwest side and connects to a highway leading out to Nablus, and from there, in times past, to the capital of Syria, Damascus. Also, Bab El-Amud in Arabic means gate of the column.

2. Suq Khan Al-Zait: This street is one of the most authentic and fascinating markets in the old city. The market caters to the residents of East Jerusalem for shopping and entertainment, with an abundance of goods, smells, and colors. The street starts from Damascus Gate in the North and continues south to the area of the Jewish Quarter. Since the Via Dolorosa (the Way of Grief) Crosses this street, one may very often see pilgrims marching in this route, carrying big wooden crosses on their back, on their way to the Church of the Holy Sepulcher.

3. Church of the Holy Sepulcher: The church is the most important site for Orthodox Christians, Armenians, and Catholics as well as other visitors who do not necessarily visit for religious reasons. Many groups of pilgrims who come to the Old City follow the route of the Via Dolorosa, which has 14 stations, the last five stages of which are located within the church itself where the final stage being the Church of the Holy Sepulcher.

4. Helena's Well: According to traditions and Coptic anecdotes, when St. Helena built the Church of the Holy Sepulcher, she used water from this well.

5. John the Baptist Church: This church is located at the Eastern side of the southern sector of the Christian Quarter Street, near the road leading to Bab Al-Khalil (Jaffa Gate). Its humble entrance is not indicative of what is inside, leading to a few steps and arriving at an open courtyard at the Church entrance. The church dates to the 5th century AD, and its plan includes a long Narthex and three Angles from the Eastern, Southern, and Northern sides. The church was demolished during the Persian war in 614 AD and was rebuilt and renovated by John, the Patriarch of Alexandria.

6. The Bazaar (Souk Al-Bazaar): Used to extend from Suwaiqet Alloun near Jaffa Gate up to the junction of Souk Al-Husr and Souk El-Lahameen. However, it later contracted to include the area between Maristan Street and Souk Al-Lahameen. The souk was The Roofs of The Triple Suq.

7. The Roofs of The Triple Suq: At the eastern end of Suq Al-Husr, a metal staircase leads to the roofs of Al-Attarin, Al-Lahhamin and Al-Khawajat Suqs, as well as Khan Al-Sultan. Ascending to this roof is highly recommended for a panoramic view of the Old City with its domes, minarets and towers, Mount of Olives, the Jerusalem wilderness horizon, the Dome of the Rock to the East, the Domes of the Church of the Holy Sepulcher, and other sites like the Citadel to the West. And since the Suqs are narrow alleys that are difficult to navigate, the roof offers a quieter and wider place for guidance and viewing.

8. Mausoleum of Turkan Khatun: Turbat Al-Sayida Turkan Khatun is located on the North side of Bab Al-Silsila Road. According to the foundation inscription, it belonged to a woman, or khatun in Turkish, a daughter of one of the Uzbek princes. She was a descendent of one of the Islamic families that ruled the eastern Islamic world. It appears that Turkan Khatun wished to reside in the Old City, and when she died, she was buried in Jerusalem in this mausoleum which was built especially for her. There is also the possibility that Turkan Khatun passed through Jerusalem on her way to pilgrimage and decided to settle in it.

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10. Palace of Sitt Tunshuq Al-Muthaffariyya (Qasr al-Sitt Tunshuq): can be accessed through Al-Wad Street by turning west at the crossroads of the Bab Al-Nazir Road that leads to Al-Aqsa Mosque. It can also be accessed through Khan Al- Zait Road by turning east at the crossroads of 'Aqabat Al-Takkiyya street. After making the turn, one must walk some distance to reach the façade of the palace, which cannot be missed because of its three large, beautiful entrances.

11. Imara Al-Amira: The term Al- 'Imara' Al- 'Amirais a Turkish word meaning a building that provides food for the poor and strangers, particularly soup. In Jerusalem, it was known as Khassaki Sultan or Ta-kiya Khassaki Sultan. The word 'Taqiyya is originally the Turkish word 'Tekke' referring to a Sufi establishment.



12. Dome of The Rock:

The Dome of the Rock is an Islamic shrine located on the Temple Mount in the Old City of Jerusalem. It was initially completed in 691-92 at the order of Umayyad Caliph Abd El-Malik. The Dome of the Rock is in the middle of Al-Aqsa Mosque compound, centered in an open space that rises from the ground level of Al-Jami' Al-Aqsa by around four meters. This space is currently known to the people of Jerusalem as the Rock Level. It is nearly square and is accessed by eight colonnades.

13. Via Dolorosa Stations 1-9:

To access the first station, Via Dolorosa (in Italian) or "The Way of the Cross"/ "The Way of Sorrow" as it is known in English, follow Al-Mujahideen Street towards Al-Wad Street, turning right as you leave St. Anne's Church, walking 400 meters and arriving at Al-Umariyya School, the first station of Via Dolorosa. The location used to be known as Antonia Fortress, referring to Roman Emperor Antonius.

14. Mausoleum of Sitt Tunshuq:

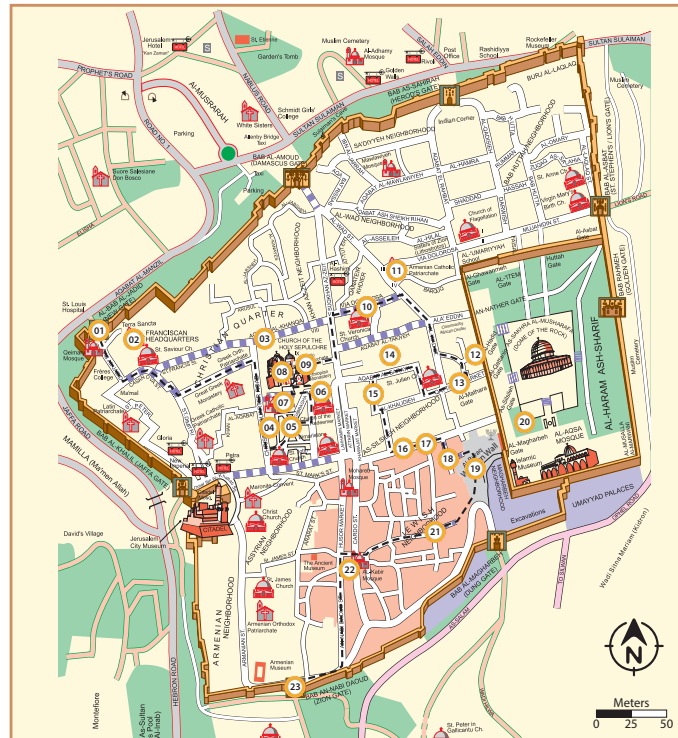
Near the Palace of Sitt Tunshuq, opposite the third entrance, lies her mausoleum. The façade of this mausoleum is amazingly designed, and it is a miniature of the façade of the palace. The mausoleum is significant, because it indicates that As-Sitt Tunshuq loved Jerusalem not only during her life, but also in her death, as she asked to be buried in it.

15. Sisters of Zion Monastery Pool:

This site, which includes a large, modern convent, a Church, a small museum, and the pool, has a busy history since the establishment of Antonia's Fortress (Umariyya Madrasa) by Herod the Great, where a pool was carved in rock, with its roof forming a ramp to the fortress. The site witnessed various stages of building and demolition, and most of what can be seen now goes back to the times of Emperor Hadrian in the year 135, particularly the triple arch which resembles the Roman Bab Al- 'Amud (Damascus Gate).



Jerusalem Historical Tour



16. St. Ann's Church: The actual Church of St. Anne was built sometime between 1131 and 1138, during the reign of Queen Melisende. It was erected near the remains of the Byzantine Basilica, over the site of a grotto believed by the Crusaders to be the childhood home of the Virgin Mary, mother of Jesus. It is dedicated to Anne and Joachim, the parents of Saint Mary, who according to tradition lived here.

17. Lions Gate: It is one of seven open gates in the Old City walls. Their history highlights the start of the traditional Christian observance of the last walk of Jesus from prison to crucifixion, where the Via Dolorosa begins at the Lions' Gate. Carved into the wall above the gate are four lions, two on the left and two on the right. Suleiman the Magnificent had the carving made to celebrate the Ottoman defeat of the Mamluks in 1517. According to legends, Suleiman's predecessor Selim dreamed of lions that were going to eat him because of his plans to level the city.





Accommodation along the Trail

Burqin



Usama Al-Saiegh Homestay

This homestay is located at the entrance of Martyrs Street in Burqin, on the main street. It overlooks a vast beautiful plain that is full of vegetables. The house contains 2 rooms for the guests. It has 4 family members, and it receives both genders.

Usama homestay can be reached via what's app number: (+970/2) 599840323.



Maha Khlouf Homestay

The house has two rooms and seven beds to accommodate guests. It is in the middle of Burqin in front of an archaeological Palace, a Mosque, and a Church in which the family accompany guests on guided tour to the area.

Maha's homestay can be reached at what's app number: +970597619930.

Arraba



Al Mardawi Homestay

The building consists of two levels, so guests can have their own space on the upper floor. This gives hikers the freedom to choose if they would rather interact more with the family or relax a bit after the demanding hike that they have just finished. The windows of the guestrooms overlook beautiful and lush Olive groves, some of which belong to the Mardawis.

Al-Mardawi's can be reached at what's app number +972599722591, or via email: ayatmardawi1978@gmail.com

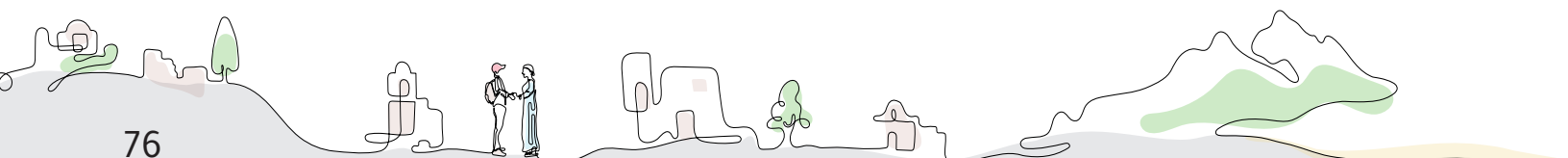


Rabie Wild Ali Homestay

A family homestay. The family consists of 6 members, two of them speak English. The house has two floors where two rooms are allocated for the guests.

Rabie can be reached at what's app number +970599105560, or via email: rabee.wildali1@gmail.com.

Sanur



Sabastiya



Sabastiya Guesthouse

This accommodation the best choice for those who are looking for a weekend in the Palestinian countryside, next to spectacular archaeological finds and the Tomb of John the Baptist. The guesthouse can accommodate 10 people in 3 bedrooms.

Sabastiya guesthouse can be reached at what's app number +972 (0)599 789 631.

Al-Kayed Palace Guesthouse

The guesthouse offers modern comfort in a spectacular ancient setting. Set in a 9th century Ottoman Palace, newly and sympathetically renovated, it is surrounded by the picturesque Palestinian village of Sabastiya and its thousands of years of history.

They can be reached at what's app number (+972) 059 947 3646, or via email at kayedpalace@gmail.com.



Hayyat Al Reef Camp

Khaled Salem started his creative idea to host guests and visitors in a traditional tent in a very beautiful natural and historical area in Masoudeya in 2018.

Khaled can be reached at what's app number +9720592771470 or via email: khaledtamem@hotmail.com.



Khan Al Wakalah Hotel

The hotel has different types of rooms.

They can be reached at landline phone number: +972 09-237777 info@kawhotel.com.

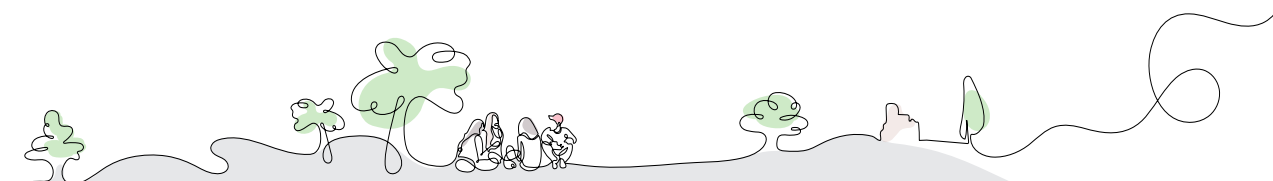
Al-Yasmeen Hotel

The Hotel has different types of rooms: Singles, Doubles, Twins, Suite, Connecting Rooms, Smoking, Nonsmoking, Souq view, Old city view, with different plans, BB, HB, FB. It also has spacious suites that consist of two bedrooms, dining area, sitting area, three bathrooms and terrace. All hotel rooms are equipped with private bath, air conditioning, satellite TV, International dial phone, free WIFI internet and ironing service. "Zeit ou Zaater" is the Middle Eastern Restaurant that is in the hotel. It offers traditional meals using clay-pot-cooking that are served fresh from the oven to the table.

Al-Yasmeen Hotel can be contacted via land lines number: 00972 9 2 333 555 or 00972 9 2 333 666, or via email: Reservations@alyasmeen.com or Info@alyasmeen.com.



Nablus



Duma



Nihal Dawabsheh

Nihal's homestay is in Duma, a quiet agricultural village in the vicinity of Nablus. It includes 2 rooms that accommodate 5 beds. There are 2 bathrooms in the house. There is a space in an apartment next to her house that can host bigger groups (sleeping on mattresses, bathrooms, and a kitchen).

Nihal can be reached at what's app number: +970599559394.

Al Auja

Ali Abu Kharabesh Bedouin Tent

The tent is located along Al-Auja River and was established in 2007. It can accommodate up to 30 to 35 people with facilities for tourists such as internet and showers. The family also provides many of the Palestinian meals, such as (Mansaf, Qedra or Musakhan) and evening barbecues.

Ali can be reached at what's app numbers: (+970) 597427434 or (+972)524787860.



Jericho



Aqbat Jaber Mud House

The Mud house was built in a traditional way in Aqbat Jaber Camp for refugees in Jericho. It is run by the Women Center of Aqbat Jaber.

They can be reached at What's app number: (+970) 598715098 or (+972)598715098.



Auberg-Inn

Auberg-Inn is a guesthouse located at the bottom of the "Mount of Temptation" in the historical city of Jericho. The property offers accommodation to individuals and groups of travelers in a two-floor Arab family house built in 1961.

Contact Auberg-Inn at what's app number +970568966010 or +97252350004.

Sea Level

The Bedouin Sea Level Tent

Jameel Hamaden and his family welcome you in their special Bedouin way where you enjoy staying in a Bedouin tent and Bedouin food.

Contact Jameel at what's app number: +970542615470 or +970594211061.



Khirbet El Mird

Khirbet El-Mird Grotto



The Khirba is located along the way from Sea Level Bedouin Tent to the Khirbet El-Mird archaeological site. The grotto lies under a big rock. Enjoy the desert landscapes while drinking a cup of tea at sunset and sunrise as well as sleeping under the stars.

To accommodate at the Grotto, Contact Jameel at what's app number: +970542615470 or +970594211061

Tel Al Qamar

Tel Al-Qamar Guesthouse

Tel Al- Qamar Guesthouse is in Dar Salah Village. The accommodation contains two tents; each one accommodates up to 20. There is also a five-bedroom dormitory designed to fit the semi-desert environment and can accommodate up to 3 guests. The site is surrounded by mountains giving it a very beautiful view. It is also a perfect spot to stargazing.

Ahmad can be contacted at what's app number: +970597903500 or via email at: alkarmel48@hotmail.com.



Tuqu'



Rabieha Sabah Homestay

The homestay contains a whole floor with a kitchen and a bedroom.

Rabieha can be contacted via what's app number: +970597827866.

Zareefah Suleiman Homestay

Share a daily life with a local family in a separate department of 2 bedrooms.

Zareefah can be contacted via what's app number: +970595177620



Musa Al-Shaer Homestay

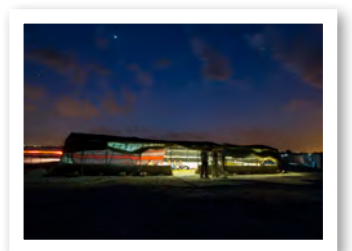
This homestay offers you a full floor with three rooms, two bathrooms and a lounge, the house is in an elevated area that makes you experience pleasant Palestinian atmosphere and a wonderful view of trees.

Musa can be contacted via what's app number: +970 599087068 or +972597603208.

Rashayida

Abu Ishmael's bedouin tent

It is located in Rashayida desert that includes a tent for food and 2 tents for sleeping (not mixed). Abu Ishmael and his family welcome you in terms of their bedouin traditions and offers you to taste bedouin food under stars in the middle of the desert. (+972) (0)597430969/ +972522618443

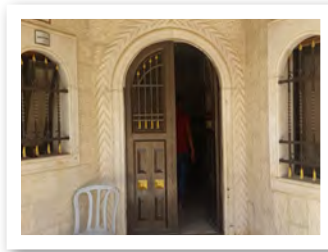


Bani Naim

Wafa Manasrah Homestay

Wafa and her family own a farm which is located on the top of the mountain where Bedouin culture and lifestyle can be revealed. The homestay has a room with two beds and a bathroom for guests.

Contact Wafat at what's app number: +970598246358



Alia Manasrah Homestay

Share the daily life of a local family in this homestay which contains a room for you.

Alia can be reached at what's app number: +970597454335

Manar Manasrah Homestay

Share the daily life of a local family in this guest house.

Manar can be contacted via what's app numbers: +970599291798 or +970597363 or +972599291798; or via email at: manarmanasrh@yahoo.com.



Shorouq Khdour Homestay

Share the daily life of a local family in this guest house that contains 1 room -3 beds for you.

Contact Mahmoud at what's app number: +970599599989.

Mahmoud Hjouj Homestay

Share a daily life of a local family in this guest house that contains 1 room -3 beds for you. (+970) 599599989

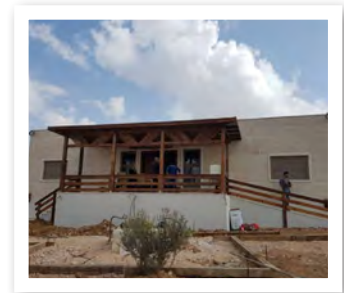


Durra

Al- Matal Guesthouse

This guesthouse was established in 2018 and is located on the top of a mountain called Al-Abed. It is characterized by its calmness and its natural beauty. It was named Al-Matal (which means the overlooking point) for it overlooks the occupied Palestinian coast to the north and Gaza to the south.

Foad Khallaf can be contacted at what's app number: +970595961592.



Dhahireya



Hosh Al- Sabbar Guesthouse

Enjoy your stay in the heart of the old city of Dhahireya in 5 bedrooms, 2 story, spacious front yards, rehabilitated old place. Each room has its private bathroom, while all share the kitchen and the dining room.

For reservation, contact Ahmad at what's app number: +972 59-966-2807

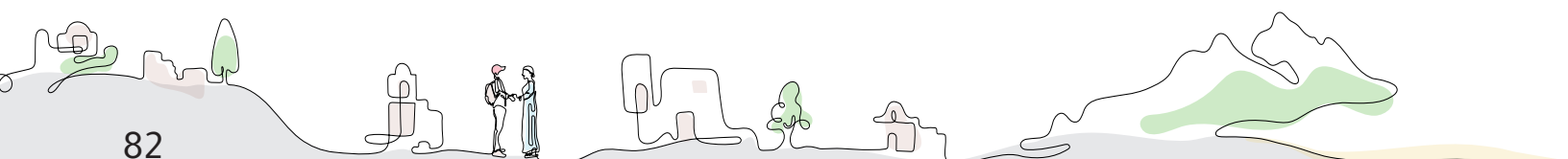
Beit Mirsim



Soumaya Omro Homestay

At Soumaya's homestay one can enjoy traditional hospitality in a home that contains two bedrooms, one bathroom and a kitchen. In addition to a small garden that contains local plants and Olive trees. 6-8 guests can be hosted at the same time.

Soumaya can be reached at what's app number: +970598111802



Al Kum



Haifa Rjoub Guesthouse

This guesthouse is a 3-bedroom place that can accommodate up to 9 people. With its two bathrooms and kitchen, the guests can enjoy their privacy while staying.

Contact Haifa via what's app number: +97(0)599991409.

Beit Ula

Beit Ula Guesthouse

This guesthouse contains two bedrooms, two bathrooms, a kitchen, and a spacious sitting room. 6-8 guests can be hosted at the same time. +970599814723.



Jab'a



Mosab Tos Guesthouse

enjoy a stay near the old city in Jaba'a and close to the public part with some amazing views when staying at Mosab's guesthouse.

Mosab can be reached at what's app number: +97(0)598252743.

Local Tour Operators partners of Palestinian Heritage Trail

Aeolus Tours - Jerusalem

Contact: Dimitri Khashman (FR)
+972 2 627 1664
tours@aeolus-tours.com
www.aeolus-tours.com

Alternative Tourism Group/ ATG- Beit Sahour

Contact: Jawad Musleh (FR)
+972 2 277 2151
info@atg.ps
www.atg.ps

Dakkak Tours - Jerusalem

Contact: Olivia Dakkak
+972 2 628 2525
olivia@dakkaktouristagency.com
www.dakkak.com

Diwan Voyage - Ramallah

Contact: Sabri Darwish
+ 970 2 298 55 87
info@diwanvoyage.net
http://www.diwanvoyage.net

East Wind Tours - Beit Sahour

Contact: Wisam Salsa
+970 2 277 3316
travel@eastwindtourz.com
www.eastwindtourz.com

Gloria Tours and Travel - Beit Sahour

Contact: Joseh Awad
+972 2 277 5813
gloria.awad@gmail.com
www.gloria-tours.com

Golden Gate Tours and Travel - Bethlehem

Contact : Richard Elias
+970 2 276 6044
richardelias@goldengatetours.ps
www.goldengatetours.ps

Guiding Star LTD - Jerusalem

Contact: Mark Khamo
+972 2 627 3150
info@guidingstar2.com
www.guidingstarltd.com

Hla Tours - Bethlehem

Contact: Raed Atiya
+970 2 275 5320
travel_pal@hotmail.com
www.hla-tours.net/fr

Kayed Tours and Travel - Nablus

Contact: Latifa Kayed
+970 9 238 3455
kayedtours2011@gmail.com

Siraj Center - Beit Sahour

Contact: Michel Awad
+972 2 274 8590
michel@sirajcenter.org
www.walkpalestine.com

Universal Tours - Jerusalem

Contact: Margo Tarazi
+972 2 628 4383
uta-j@zahav.net.il
www.universaljerusalem.eu



Market in Nablus

Local Trekking Guides partners of Palestinian Heritage Trail



Nedal Sawalmeh

Mohammed Atari

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📞 +972 059 2031880
✉ hike-jenin@hotmail.com
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✉ anwar_hamad2000@yahoo.com
🗣 English and Arabic

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🗣 English and Arabic

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✉ georgio_gacaman@hotmail.com
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🗣 Arabic

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Zaid Azhari



Ibrahim Mashalah



Nidal Rishmawi



Mohammed Atari

Nidal Rishmawi

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Jameel Hamadeen

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Shatha Ala'an



Ayat Dardoun

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Esperansa Hanania Qumsieh

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 📞 +972 597 250555
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Shatha Allan

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 ✉ Shatha-allan@live.com
 🗣 English, Arabic and French



Jameel Hamadeen



Shorouk Manassra

Useful Information

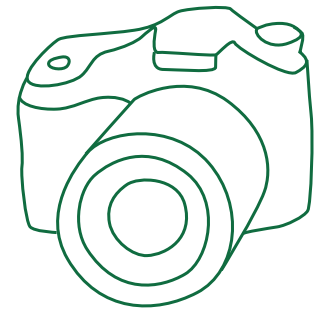
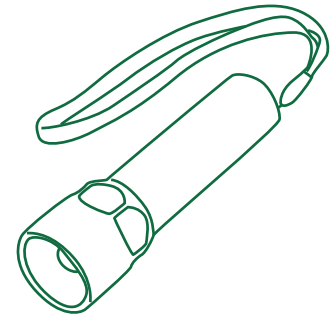


Country code - Palestine

To call a national number from international number:
+970 (Palestinian mobile networks).

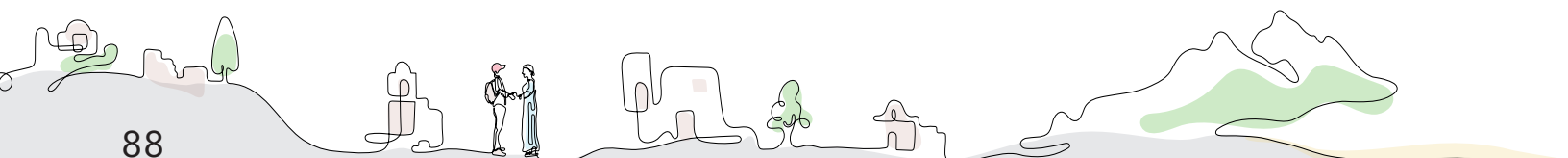
What you need when you hike

1. Appropriate boots and special socks for hiking.
2. Lightweight walking boots for evening.
3. Long shirt and pants (to protect the legs from sun, scratches, and crush).
4. Hat or head cover (to protect from sun and wind and for visiting some sacred places).
5. Scarf for ladies to cover their hands (for visiting sacred places).
6. Walking poles (not necessary depending on the land).
7. At least 3 - 4 liters of water for the hike.
8. High SPF Sunscreens.
9. Light jacket, sometimes necessary even in the summer, in the evening in some areas.
10. Raincoat (not necessary in summer).
11. Sleeping bag or cover on necessary.
12. Pocket light.
13. First aid kit (sterile bandages, dehydration solutions, compresses and other means for pimples treatment).
14. Tools for toilets and other tools for health needs (not always available in the village).
15. Your camera.



Arrival

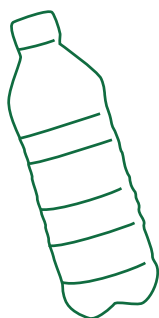
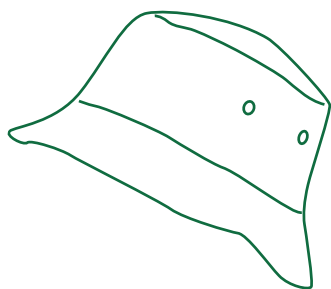
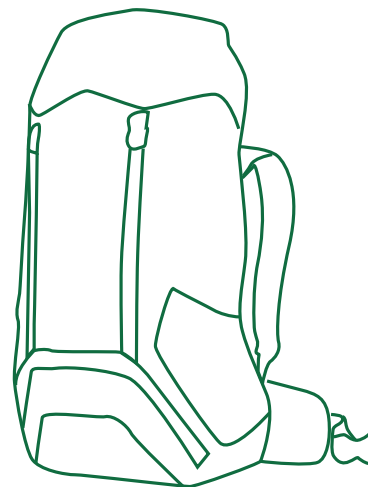
Arrival is through the international Airports in Tal Aviv or Amman, then to Jerusalem by taxi or bus for one hour. There are direct flights that are available in some cities in Europe or North America. Other passengers from other areas in the Middle East must arrange other ways to reach and pass the checkpoints, roads, and other costs. Tourism operators and institutions can give advice on necessity.



Luggage

Luggage transfer can be arranged from one stage to another to provide hikers with the opportunity to better enjoy themselves while walking.

We advise you to carry a small bag for important things needed for daily walking. If you prefer to bring bags with you while walking, please make sure that the weight of the bag does not exceed 10 to 15% of your weight.



Weather

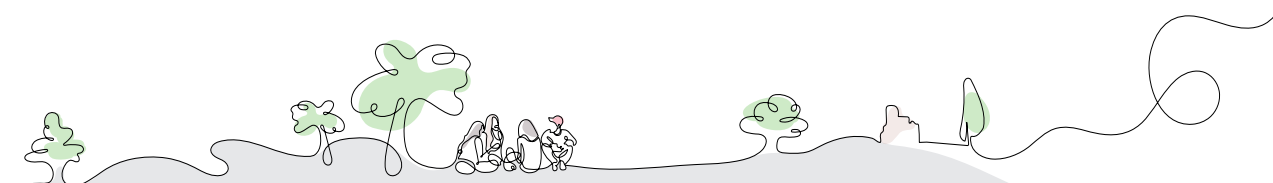
Palestine has a Mediterranean climate with hot summer, cold winter and cool fall and spring.

Temperatures may record 40° during a summer day while it is cool in the mountainous and desert areas. During Summer, the weather is very hot, so we advise you to start walking early and take many breaks. Areas below Sea Level (Jericho and Jordan Valley areas) are even hotter than the others and walking through them is hard during summer. While in winter, it may snow in the mountains.

Periods from March to May and from September to November are more appropriate for walking along the Trail. You will find wild plants and flowers more during Springtime. Towards the end of Autumn, families go out to pick olives (Olive Harvest), and people there may invite you to have a cup of tea with them.

Land

The stages of walking are usually moderate and not so long: from 15-20 kilometers per day with a height of up to 400 meters. You need to take into consideration that the land is often rocky and there is frequent ascent and descent of some hills with some light climbing at other times. The Trail consists of plain and rocky roads, roads in the hills, and sometimes paved roads.



Accommodation

You can stay in a hotel or a guesthouse with special rooms in the main regions along the Trail, or with local families in Palestinian villages where you meet kids, parents and eat with them.

Water available rate of the day for everyone in Palestine is less than the rate recommended by the World Health Organization, and therefore we kindly request you to save water and not to waste it. However, there is enough drinking water in containers. Sometimes there will be an isolated accommodation for women and men and some families. It is possible to provide additional isolated rooms for couples.

If you are interested, we advise you to mention this when booking to get more information. Every family has bed sheets and pillows and blankets, and you can bring your own sheets with your sleeping bag if you want.



Food

Throughout the tour you will enjoy the delicious well-known meals in the Middle East. Usually, breakfast consists of bread (to dip with), cheese, labnah, Ziet (Olive Oil) and Za'tar, Homos, and olive.

Dinner consists of a traditional Palestinian meal, usually includes rice, chicken, or meat. Day tour picnic lunches include snacks of bread, cheese, fruits, and salads. Most Palestinians are Muslims therefore alcohol is not served along the trail stages. You can drink tea with mint and sage or coffee the whole day.

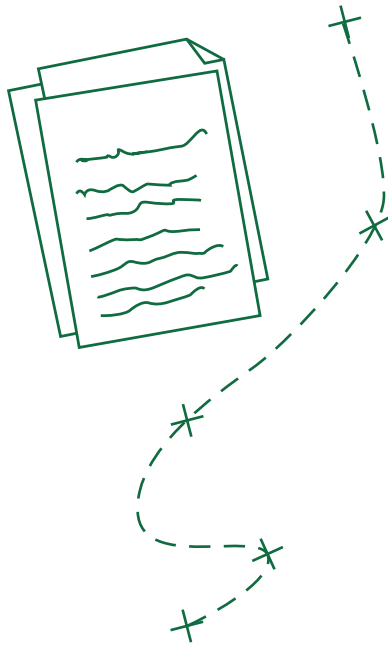
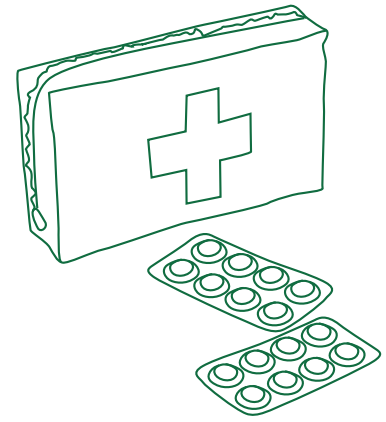
Hospitality

Palestinians are known for their respect and hospitality for their guests and visitors. You will walk in rural areas and usually an expert guide takes you to discover the land, traditions, and local culture where you get the communities' respect and welcome along the trail.



Health

You will not be exposed to danger while walking in Palestine. Main dangers may include exposure to the sun and dehydration. Therefore, we advise you to take your own precautions and be careful of using water constantly. Make sure to drink water only from mineral water bottles, to protect yourself from direct sun rays and to have first aid kit (especially your own medications).



Insurance

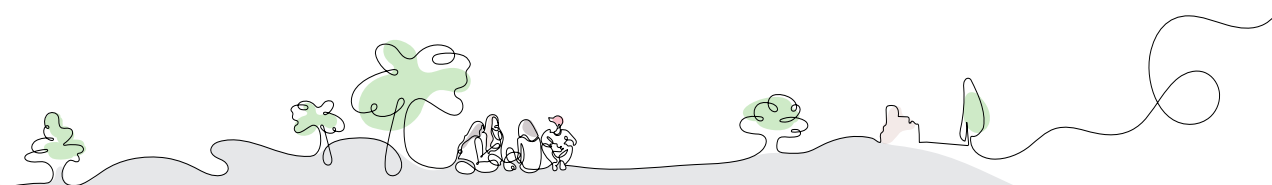
The hiker is responsible for carrying his own insurance with him/her during the trip. Therefore, it is better to have your insurance before leaving your country in case of emergencies to be able to go back home without any problem.

Create your own adventure

There are many places to visit in Palestine in which local tourism operators can offer trips besides hiking for longer days in the region. They will be more than happy to provide you with tips and more information about other tours, special transportation, tour guides, hotels as well as homestays.

Walking with children

The experience of walking with your kids in Palestine may be amazing due to family tradition in Palestine. However, you must take into consideration that walking for long distances may not be appropriate for children under 12. Therefore, tours will be for individuals who are willing to go on adventures and willing to experience local food.





The union of the Palestinian Heritage Trail
Palestinian Heritage Trail Beit Sahour, Palestine



Palestinian Heritage Trail



+970 (0)2 277 5045



info@paltrails.org



www.phtrail.org

Palestinian Heritage Trail is a long-distance cultural hiking route in Palestine. The trail is about 500 km long and extends from the village of Rummana northwest of Jenin to Beit Mirsim southwest of Hebron back to Artas in Bethlehem, in addition to the newly developed Jerusalem segment that starts in Eizariya through the Old City of Jerusalem towards the villages in the Northwest (Beit Suriq to Beit Duqqo).

The trail passes through more than 60 Palestinian cities, villages, and local communities where travelers can experience and enjoy the authentic Palestinian Hospitality. The Palestinian Heritage Trail is more than just a hiking trail. It is a means of meeting and making connections with local Palestinians and hikers from all over the world.

You can explore Bedouin communities and experience the traditional Palestinian dishes, which is one of Palestine's most fundamental traditions.

The Trail does not only invite hikers to experience nature but also to change their perspectives by recognizing shared common values and creating friendships along the way.

