



Palestinian Heritage Trail Guide Book

- The trail step by step
- The main points of interest
- Directory of partners

Palestinian Heritage Trail Map



مسار فلسطين التراثي
Palestinian Heritage Trail

EDITION 2021

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 Mediterranean lands, through hills and heights, reaching the calmness of the desert from winding roads in Bethlehem to the oldest monastery in the world and finally reaching southwest of Al-Haram al-Ibrahimi (Ibrahimi Mosque) in Hebron.

A land full of 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 for acquaintance, tolerance and openness.



A unique journey

A number of 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!



QR CODE Contains the link to website for the Palestinian Heritage Trail.

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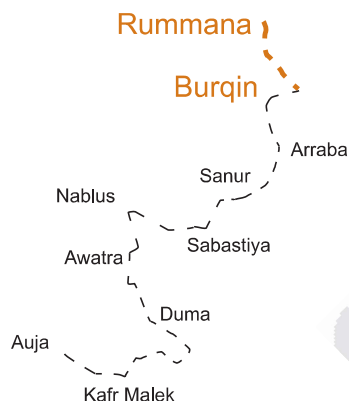
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Rummana

Burqin



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, located around 17km northwest of Jenin, 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 BCE-324 CE).

Further on, the trail leads towards a hill overlooking the town of Ti'innik, located just next to the ancient Canaanite site of Tell Ta'annek, 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 in his path in order to heal the ten men who suffered from leprosy.

🎯 *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 : St. George's Church 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:

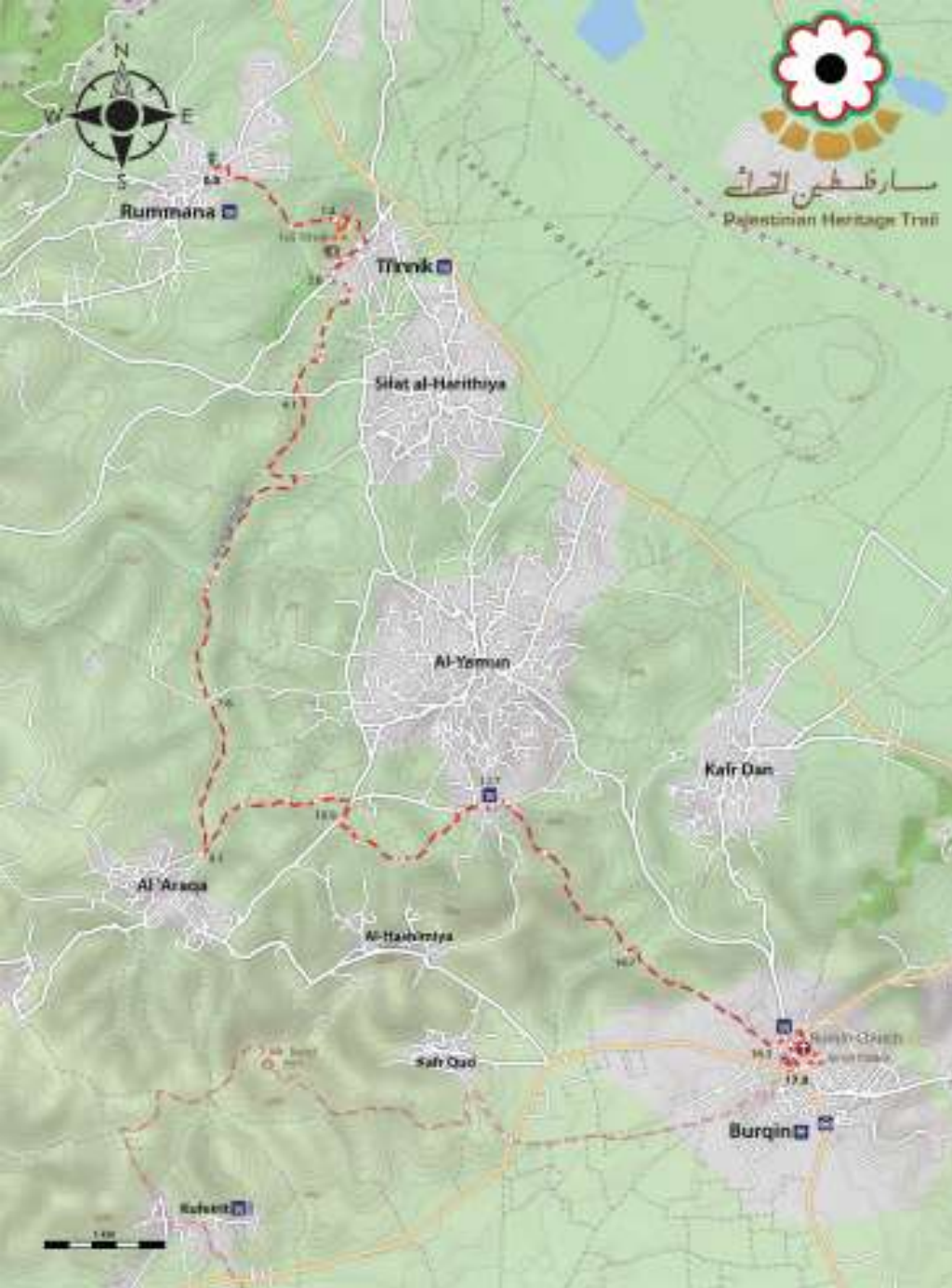
The Ladies Center Society in the village of Burqin is fortunate to use the kitchen and large meeting room in the rehabilitated Jarrar Palace and have the support of the local municipality.

Visitors to Palestine and hikers on the Palestian 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.

Contact Omaima Khlouf at

☎ 05590464445

☎ 0597619930



Tell Ti'innik



Burqin Church

RECAP OF THE STAGE

17.0km

5-7 hours

+ 250 m
- 430 m

Moderate



Rummana's Nature

Burqin Arraba



Enjoy the olive 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. The chapel is believed to be built on the spot where Jesus, on his way from Nazareth to Jerusalem, cleansed ten lepers (Luke 17:11-19).

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 cabbages, 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 final 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 AL-HAFIRE): was the site 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 be still seen today. It 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


People

To Meet

ARRABA WOMEN ASSOCIATION:

The Arraba Society for Women Development is located in the Old Palace of the village in the beautiful rural countryside on the outskirts of Nablus. The dedicated women at this cooperative are working hard to guarantee its survival. While the municipality has given them the use of a spacious room for their meeting room in the old palace, the room is in need of rehabilitation and painting. The women's requests for assistance from the municipality for this renovation have not yet been approved.

To contact Manar Khleif call

 0598304982



Tell Dothan & Joseph's well



Hikers In Burqin



Arraba's Palaces

RECAP OF THE STAGE

17.0km

5-7 hours

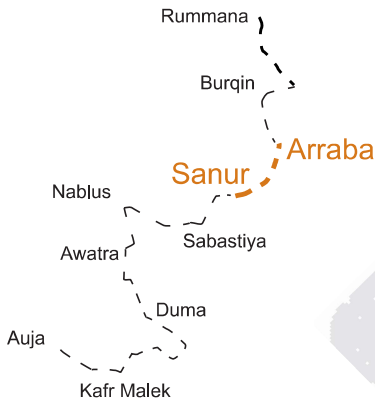
+ 250 m
- 430 m

Moderate



A Church In Burqin

Arraba Sanur



Meander between the olive trees of the region, 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 covered with a colorful mosaic of various buildings. Most of the structures seem to be modern and simple, except from one – a compound situated on the peak of the hill – the Palace of Sanur.

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 the area of Jenin.

People To Meet

SANUR WOMEN ASSOCIATION:

Sanur Women’s Club is located at the southern entrance to the village and in a fair distance to its center.

Aiming at marketing their handmade products, preserving their culture and reflecting a good image of their community, Sanur Women’s Club existed to make the change and to reflect the situation of women in the village in which they are strong and highly educated.gmail.com

You can contact them via telephone: Fahmieh wild Ali:

☎ 0599727875

or Email: mostfaw2211@gmail.com

PLACE To STAY

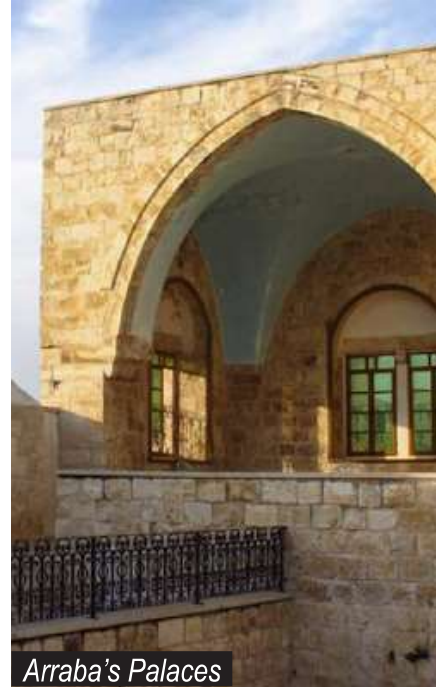
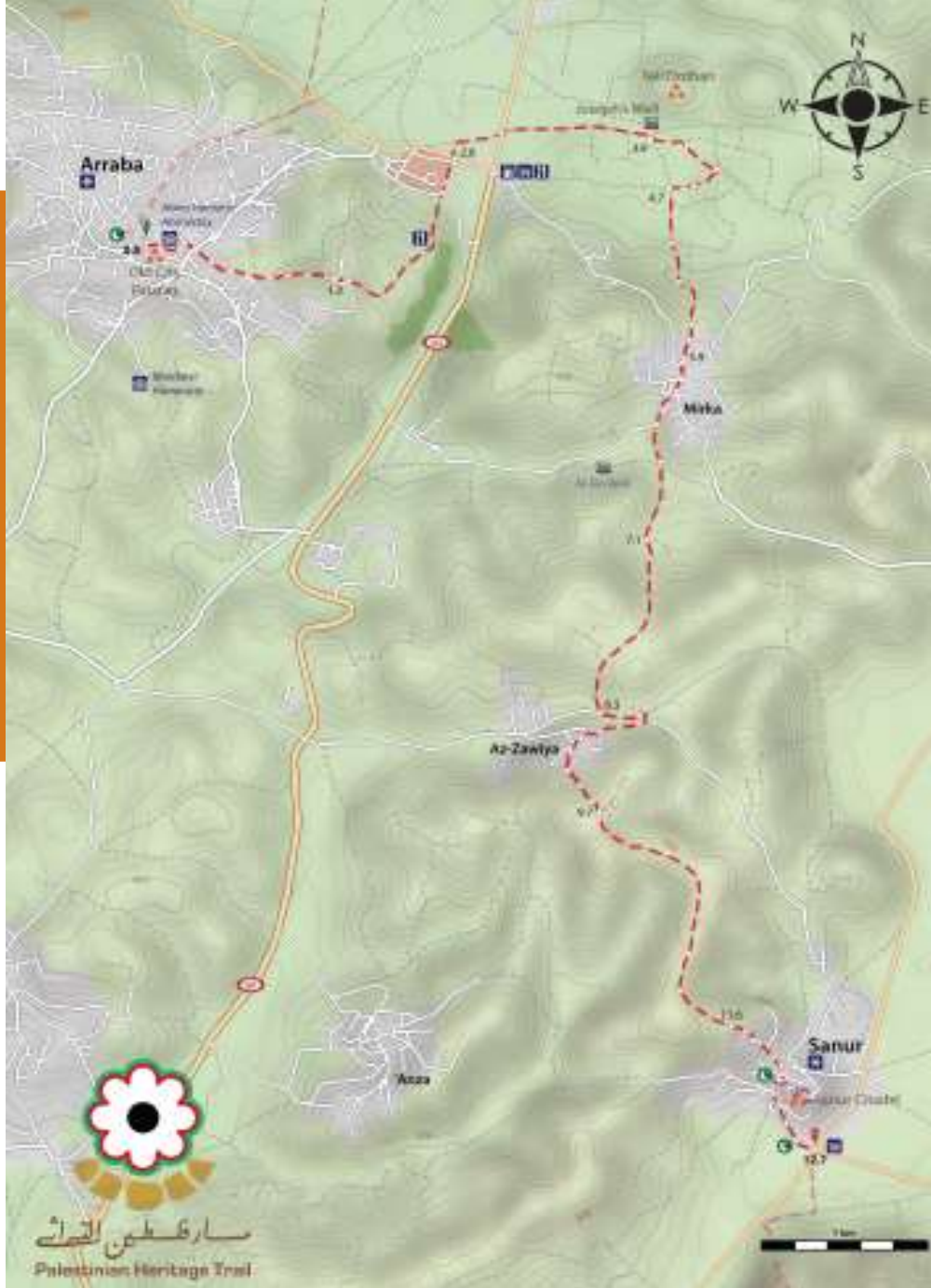
Al- Mardawi homestay

The Mardawi family is ready to welcome visitors in their new house. 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.

☎ 0599722591



Old City Of Arraba



Arraba's Palaces



Sanur Citadel

RECAP OF THE STAGE

12.07km

4-5 hours

+ 250 m
- 430 m

Moderate



Empty Well

Sanur Sabastiya



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 Palestian Heritage Trail between Sanur and Sabastiya – one on Mt. Bayzeed 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 mountaintops, 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 visitors 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 in Sabastiya, 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 in 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.

+972 9-253-2545, +972 (0)599 789 631



Ruins in Sabastiya



Sabastiya

RECAP OF THE STAGE

15.50km

5-7 hours

+ 250 m
- 430 m

Difficult



from Sanur to Sabastiya

Sabastiya Nablus



Experience the unique atmosphere of the famous city, Nablus. Indulge yourself in 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. Gerizim, 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. Gerizim.

Points of Interest

SHEIKH SHALEH SHRINE 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

A Place To Stay ?

Al-Yasmeen Hotel:

Al-Yasmeen Hotel is located in the City Downtown 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, we 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.

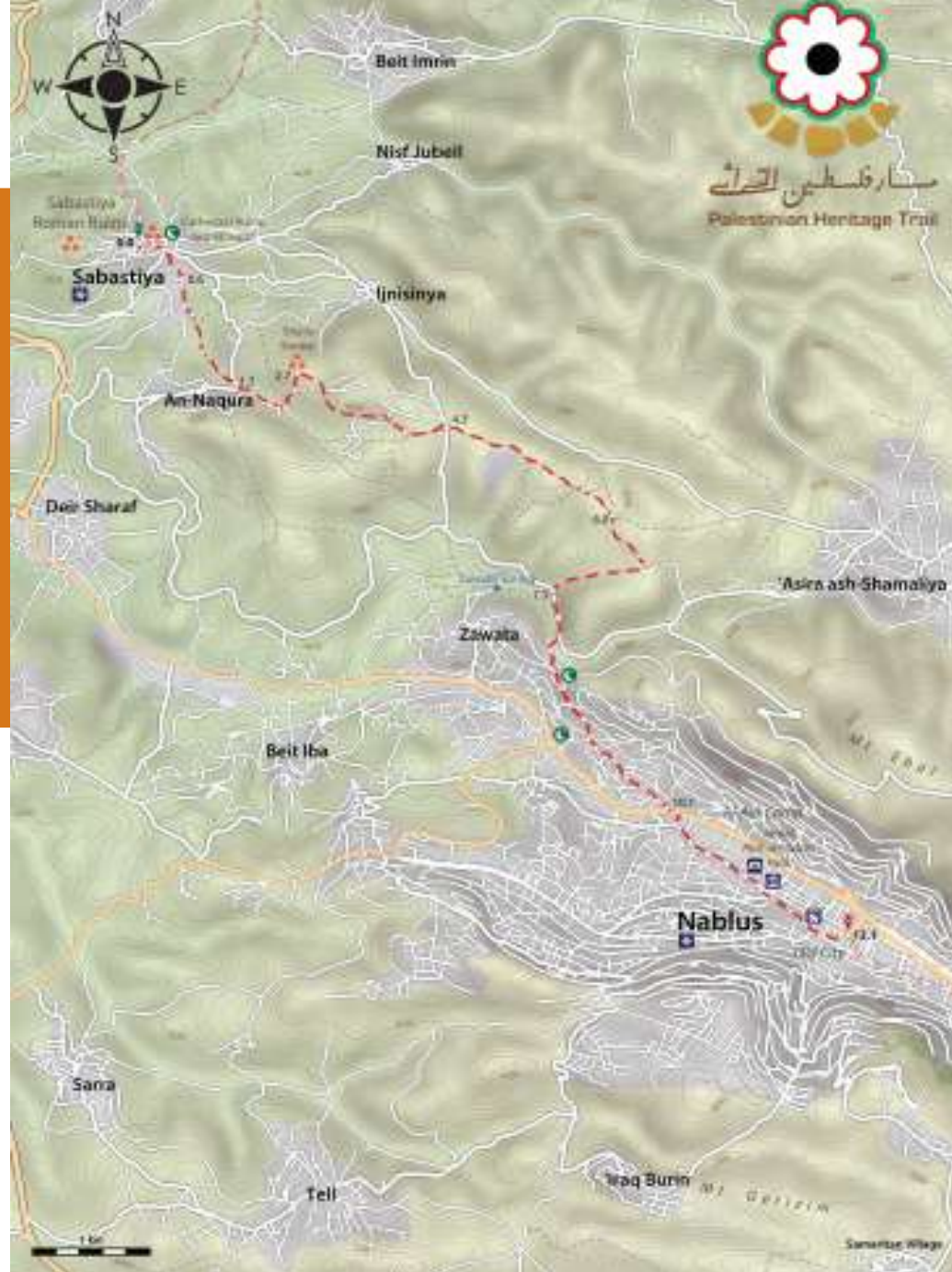
Telephone: 00972 9 2 333 555

Info@alyasmeen.com

Managment@alyasmeen.com



Sabastiya Ruins



Sheikh Shaleh Shrine



Kunafa

RECAP OF THE STAGE

12.10km

2-3 hours

+ 250 m
- 430 m

Family Friendly



Old Building in Nablus

Awatra Duma



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

Awarta, which in the ancient Syriac language means invisible or hidden, 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, a village whose name (scorpion in Arabic), according to oral tradition, 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

ROMAN POOL IN AQRABA: The Roman pool of Aqraba, which served as a cistern for collecting water, is located in the center of the village marked with a sign in Arabic. The site is currently located on a 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 spring time. 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 Palestine Heritage Trail al-Khalil 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 on its southern part. Remains

People

To Meet

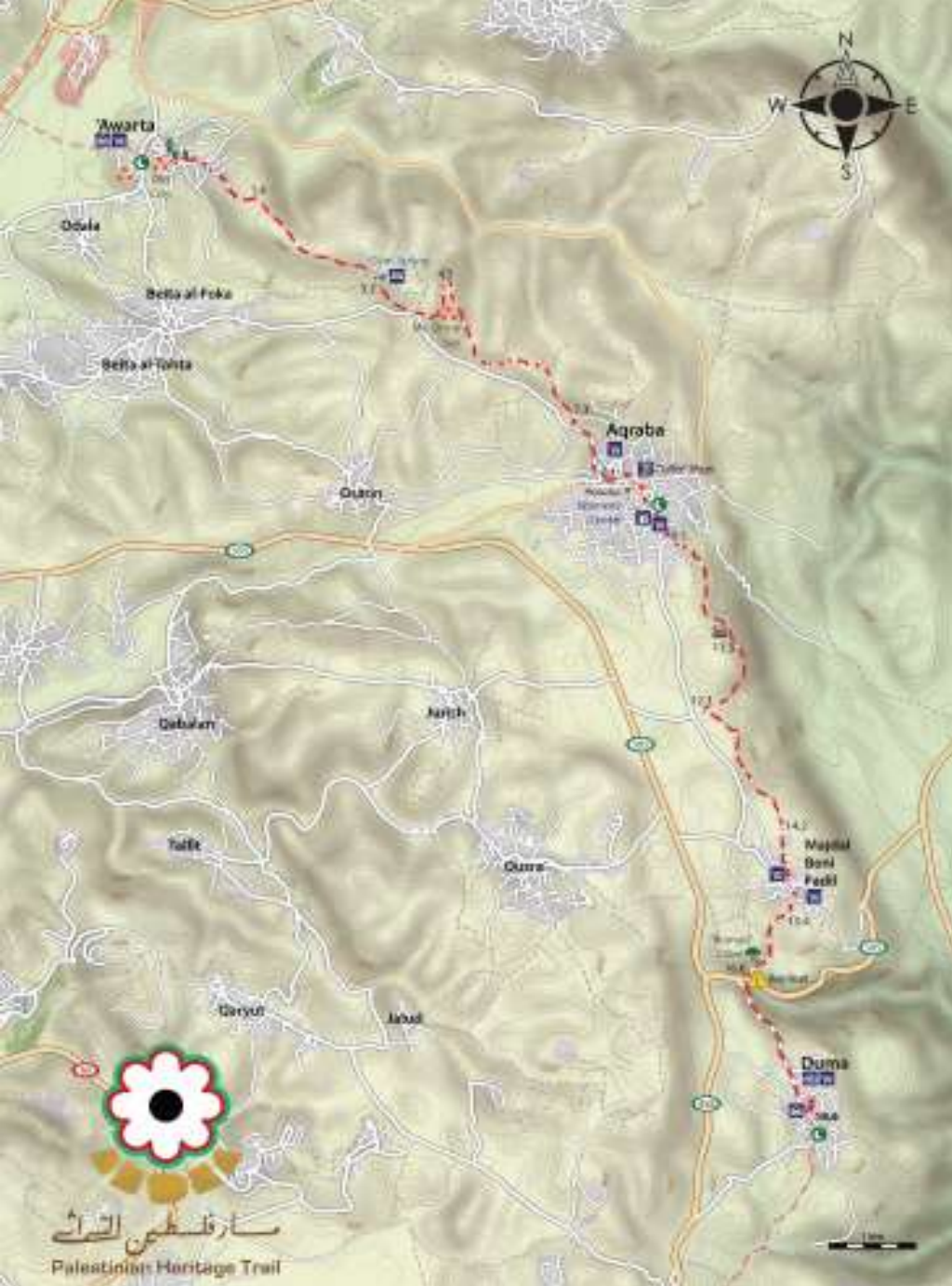
Awarta, one of Nablus villages, is famous for its well-known olive oil in addition to its almonds, grapes and lemons.

Although it's a conservative community, the women of Awarta are strong enough which gives them a big role in the society. The five members of Awarta women committee established this center aiming at social and economic changes. Their work focuses on psychological, social, economic, and cultural issues, income generating projects, summer clubs and learning courses for students.

They also are proud of their products which are pastries and pizza .

For more information contact the head woman: Nala Awad

Telephone: 0599587351 , 0598932662



Roman Pool in Aqroba



Mount Arma

RECAP OF THE STAGE

12.10km

2-3 hours

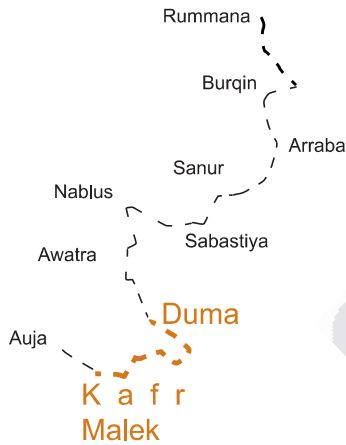
+ 250 m
- 430 m

Moderate



Maqam Nabi 'Uzeir

Duma Kufr Malek



The name Duma means calmness. Indeed, when you pass through this agricultural village its peaceful atmosphere absorbs 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, the trail passes the remains of Roman aqueducts and Byzantine mosaics on its way past Ein Samia (Samia Spring), 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 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 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, Arameans 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 be also 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-MARJAMA The site of Khirbet al-Marjama 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 back 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.

Places

To Stay

misada muadi homestay:

Sharing the beauty of her home and village with visitors is one of Misada'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, green, 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 hope to set an example for how life can be so much more wondrous with just a little bit of love.



(+970) 599398586



Khirbet al-Marjama



Ein Samia Valley

RECAP OF THE STAGE

14.8km

5-7hours

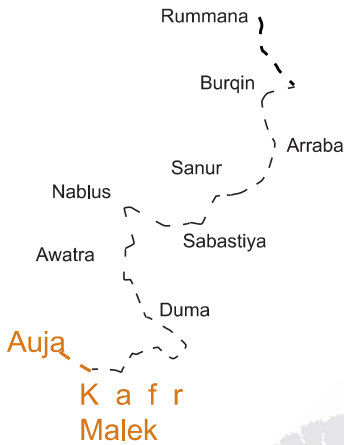
+ 250 m
- 430 m

Moderate



Al-Qarn Hill (Sartaba)

Kufr Malek Al-Auja



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

Following a small road from Kufr Malek, the trail zig-zags 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 fields of zatar before following a path out of the valley bottom past the remains of an old Byzantine era church.

After crossing a ridge the path drops down into Wadi al-'Auja, a deep, rugged wadi that runs from Ein Samia (Samia Spring) down to Ein al-'Auja (Al-'Auja 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: was used along the aqueduct water for grinding grains



Bedouin Girl


A Place To Stay?

Ali Abu Kharabish bedouin Tent:

Ali Abu Kharabish tent where he and his wife warmly welcome tourists . Ali and his family make sure to preserve their Bedouin roots and traditions inherited several years ago and highlight and introduce them to tourists through their work . The tent is located along the Auja River, and was established in 2007. I

t 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 – Kedra – Musakhan) and evening barbecues.

Contact Ali Abu Kharabish:

 (+970) 597427434



Trail Marks



Kufr Malek



Auja

RECAP OF THE STAGE

14.1km

5-7hours

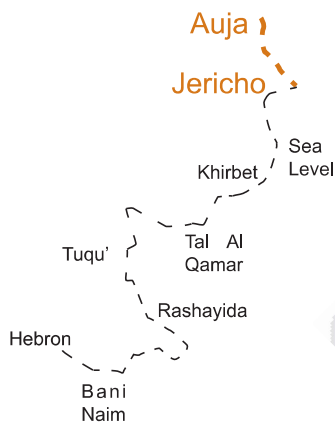
+ 250 m
- 430 m

Moderate



Hikers from Kufr Malek to Auja

Al-Auja Jericho



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 enters Jericho, one of the oldest cities in the world, which with its calm atmosphere and rich heritage is a true oasis to all walkers. Visitors 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 mudbrick guesthouses. There hikers can also stamp their passports.

Points of Interest

AL-AUJA: the establishment of the village dates back to 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 irrigation 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 long time ago. Almost 25% of them are refugees who arrived from villages annexed by Israel during the war of 1948.

JERICHO: 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 Tell Es-Sultan 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): 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 ES-SAMARAT (HILL) is a hippodrome-theatre dated back to Herod. It extends for more than 50 km.

People

To Meet

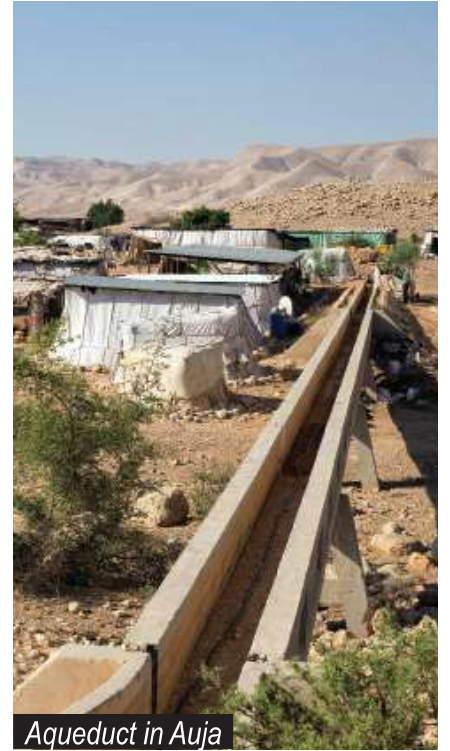
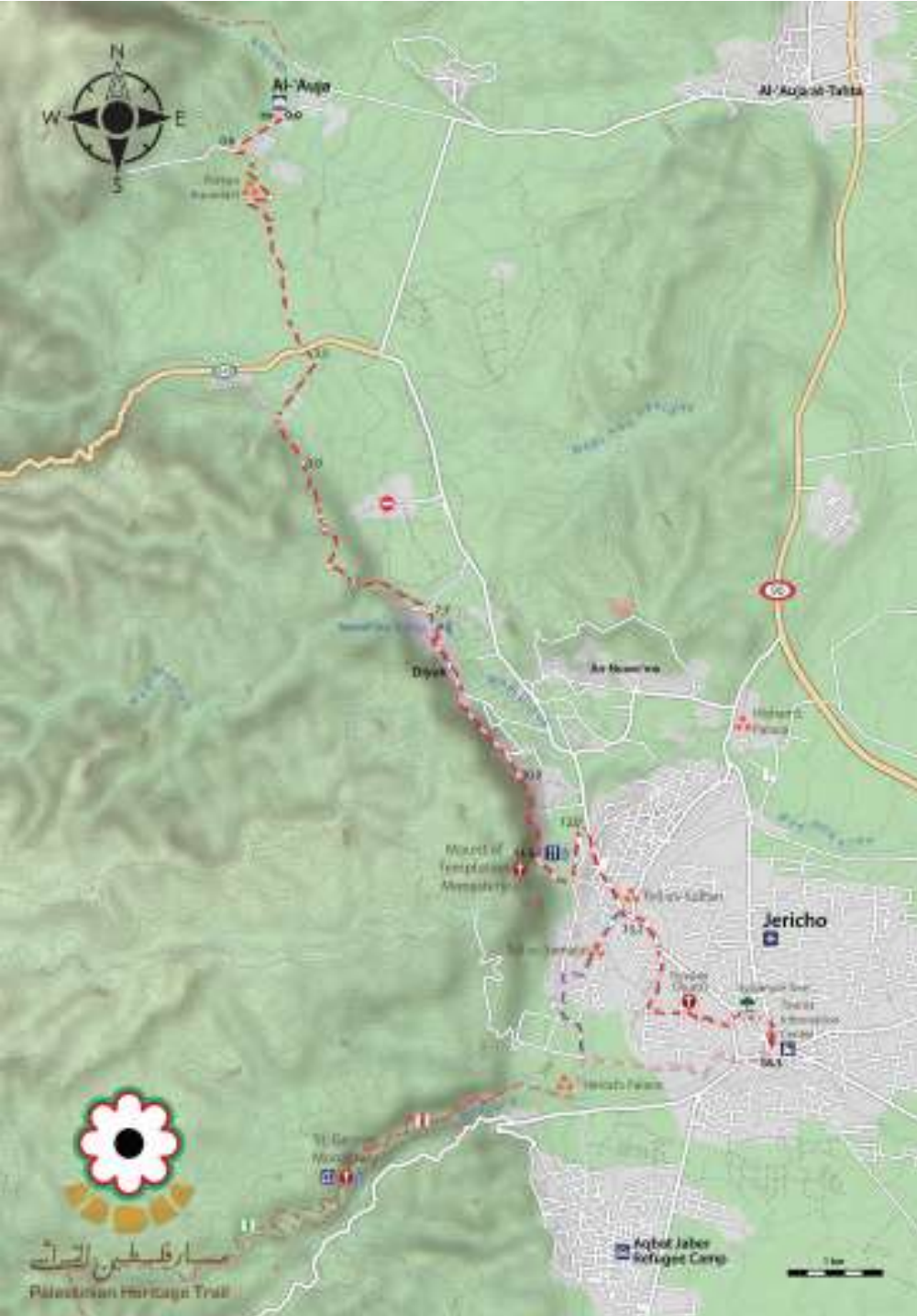
AL-AUJA WOMEN ASSOCIATION:

A few kilometers south of the center of Jericho is the Women's Association Center in Auja. President of the Center, Lubna Massaid will gladly meet you at the offices of the Sultan Company for Fresh Fruits where she also works. At her offices there Lubna explains with enthusiasm the various projects and products of the Center, among them dried herbs, embroidery, wool products and baskets. She introduces Nada Etiat, basket maker, who has with her a bag of dried banana leaves, the raw materials for basket making in Auja. She will show one of the Center's products.

Their Facebook Page :

<https://lc.cx/4zFY>

☎ 0598027530



Aqueduct in Auja



Hisham Palace

RECAP OF THE STAGE

16.3Km

3-5 Hours

+ 250 m
- 430 m

Moderate



Bedouin host family in Auja

Jericho Sea Level



Follow this beautiful hike that leads through the picturesque Wadi Quelt and view Deir al-Quelt (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 Quelt 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 al-Quelt (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 the Masar. Then the trail 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 : 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 RUINS OF HEROD'S WINTER PALACE : dating back to late Hellenistic- early Roman period, built on a small hill on two water banks.

QELT VALLEY/WADI QELT : a great valley contains Saint George monastery. There, you can witness water aqueducts dated back to Herod's period. Many of these aqueducts are still used until now.

SAINT GEORGE MONASTERY: located on the hills of Qelt valley which was established at the end of the 5th century where monks inhabited small caves there. It was a place of celebrating and sharing food. The traditions attached to the monastery include a visit by 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 again between the years 1878 – 1901.

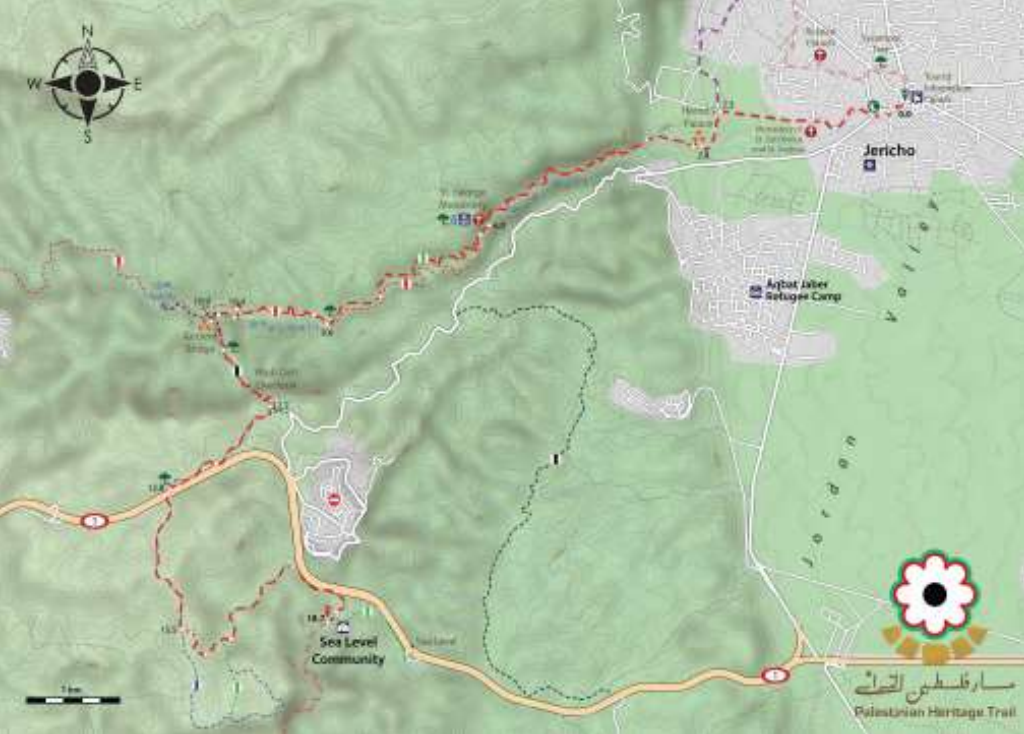
People To Meet

AQBAT JABER WOMEN ASSOCIATION : Intisar Akras warmly greets you as you enter the gates of the Women's Center in the Aqbat Jaber Refugee Camp. She is the coordinator and is soon closely followed by other women from the Center. Outside in the courtyard you will see the impressive "Mud House", a guest house built in the traditional manner of houses built from local materials in a time-honored fashion and style. The "Mud House" is a guesthouse operated by the Center; hikers on the Palestinian Heritage Trail are frequent guests, as well as others who travel to Jericho to experience the reknown moderate climate of the Dead Sea region, its history, and abundant fruit production (bananas are a specialty!).

Their Facebook Page :

<https://lc.cx/4zyt>

📞 0598715098



Wadi Qelt



Palace of Herod



Saint George Monastery

RECAP OF THE STAGE

18.70 Km

5-7 Hours

+ 850 m
- 550 m

Hikers



Palace of Herod



Sea Level Khirbet Al Mird

This journey follows through large uninhabited areas, 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 final resting place of the prophet Moses in the Islamic tradition. The site consists of the tomb and a mosque and a spacious compound built around them.

The path continues in a deep valley along old pilgrim routes. Then from the mountain which overlooks Jericho and the Dead Sea hikers can view beautiful landscapes below. Along the route hikers will meet Bedouins with their camels and sheep. At the end of this section of the trail awaits Khirbet al-Mird (Hyrcania 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 AL-MIRD: 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 aqueduct that their secret hasn't been discovered yet.

SUGAR TRAIL: dating back to Omayyad period (7-8 centuries) but was at its height during Crusader days.

A place to Stay ?

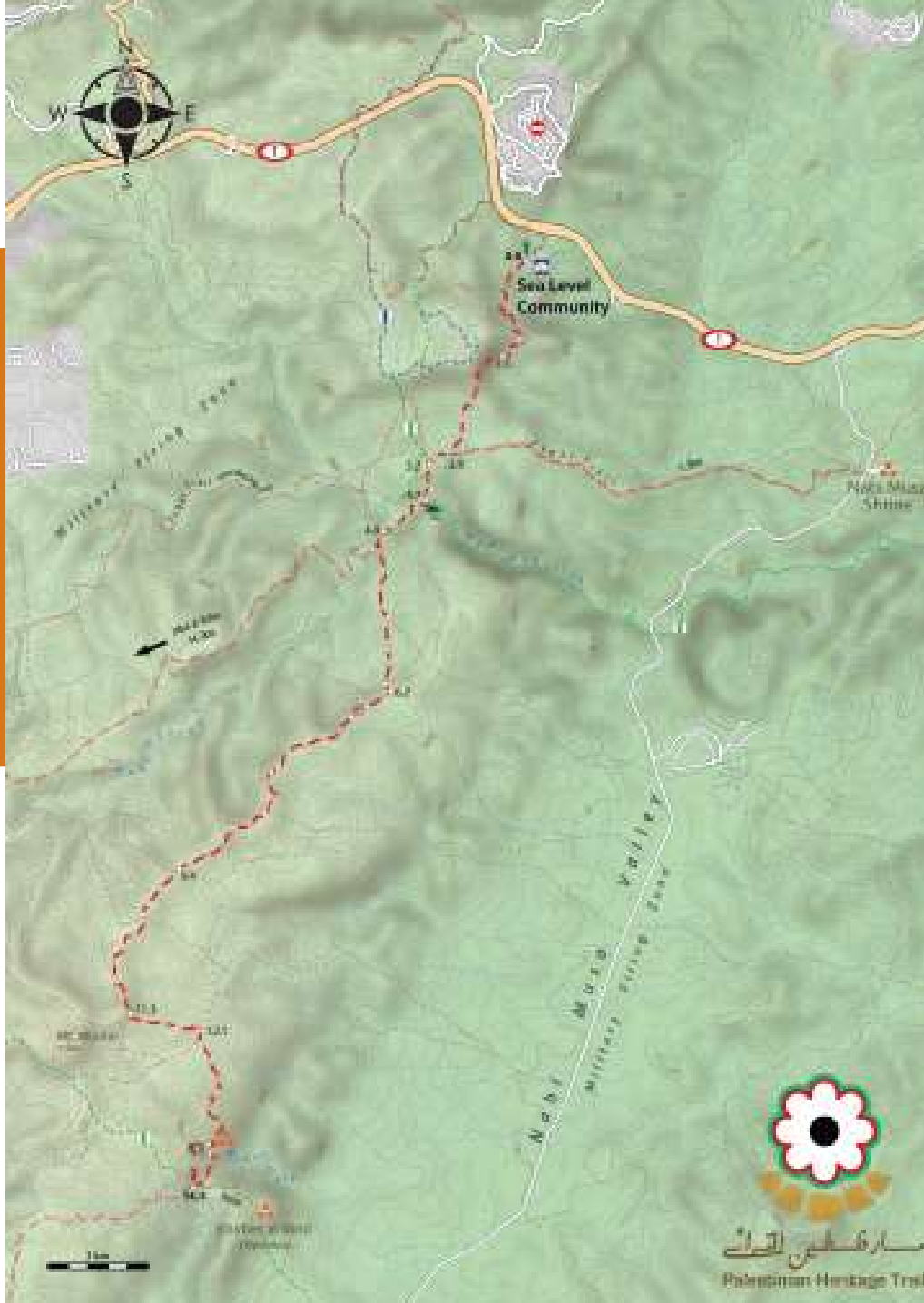
KHIRBET AL MIRD CAVE : For archeology lovers and for those who are interested in places carrying historical stories , Khirbet al-Mird Cave is considered the best choice for its history that covers the Greek, Roman and Byzantine eras. The cave is located in Jerusalem wilderness northeast of Mar Saba. It was a castle during the Roman period and one of the Byzantine monasteries which was part of Mar Saba monastery in the Byzantine era. Most of the cave's current remains date back to the Greek period.

 (+970) 594211061

054205470



Desert at sunrise



Jericho's Desert



Khirbet Cave

RECAP OF THE STAGE

18.70 Km

5-7 Hours

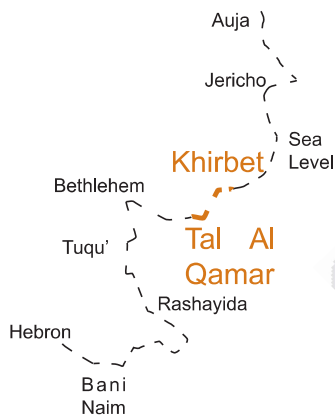
+ 850 m
- 550 m

Hikers



Nabi Musa

Khirbet El Mird Tel Al Qamar



Tal al-Qamar which in Arabic means Hill of the Moon, remote from the hustle and bustle of the city life, is a perfect spot to watch a full moon 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 be also found a spectacular Mar Saba Monastery with few Byzantine wilderness monasteries matching its serenity and beauty. The cluster 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 – BYZANTINE MONASTERY: named after saint Saba (439-532 AD)- is one of the oldest and most beautiful monasteries in the place. It was built on many levels on the West Bank of 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 Theodosius in 500AD. 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 wise men rested here after God warned them in a dream that they should not return to Herod.

A Place to Stay?

TEL AL QAMAR GUESTHOUSE : In the wilderness of Dar Salah, Tal al Qamar is located 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)designed to fit the semi-desert environment and can accommodate up to 3 guests.

 0597903500



Hiker in the desert



Desert



Desert in the spring

RECAP OF THE STAGE

18.70 Km

5-7 Hours

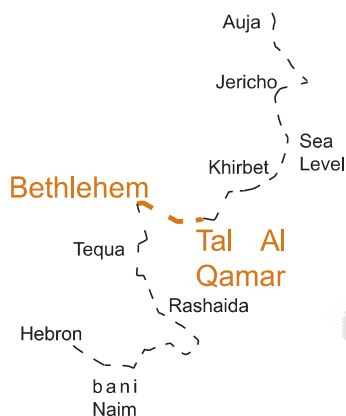
+ 850 m
- 550 m

Hikers



Mar Saba

Tel Al Qamar Bethlehem



The winding trail will take you down into the Kidron Valley full of caves of various sizes which, in the Byzantine times, were inhabited by monks.

Tal al-Qamar means in Arabic Hill of the Moon. The site, which is remote from the hustle and bustle of the city life is a perfect spot to watch a full moon or stargaze. The trek starting at Tal al-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 Masar 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 Shepherds Fields.

Points of Interests

VIRGIN MARY'S WELL BEIT SAHOUR : Is considered one of the deepest 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 Abraham) is the person who dug the well, also it is said that Virgin Mary, while traveling to Egypt, has passed by the well and was thirsty and asked a lady to give her water to drink but she refused and miraculously the water of the well overflowed and reached her. Besides that, it is believed that this well has witnessed more than just one miracle.

BETHLEHEM : the city of Bethlehem is holy to both Christians and Muslims; 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.

MILK GROTTA 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.

NATIVITY CHURCH : The oldest church in the holy land 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.

People

To Meet?

"Dar Salah Women's Association".

Focusing on women and community empowerment and targeting children, youth, poor people and special needs. ther is some of activities such as summer camps, recreational activities and field visits to kindergartens.

For more information and a visit contact Jawaher Salah 0599896661

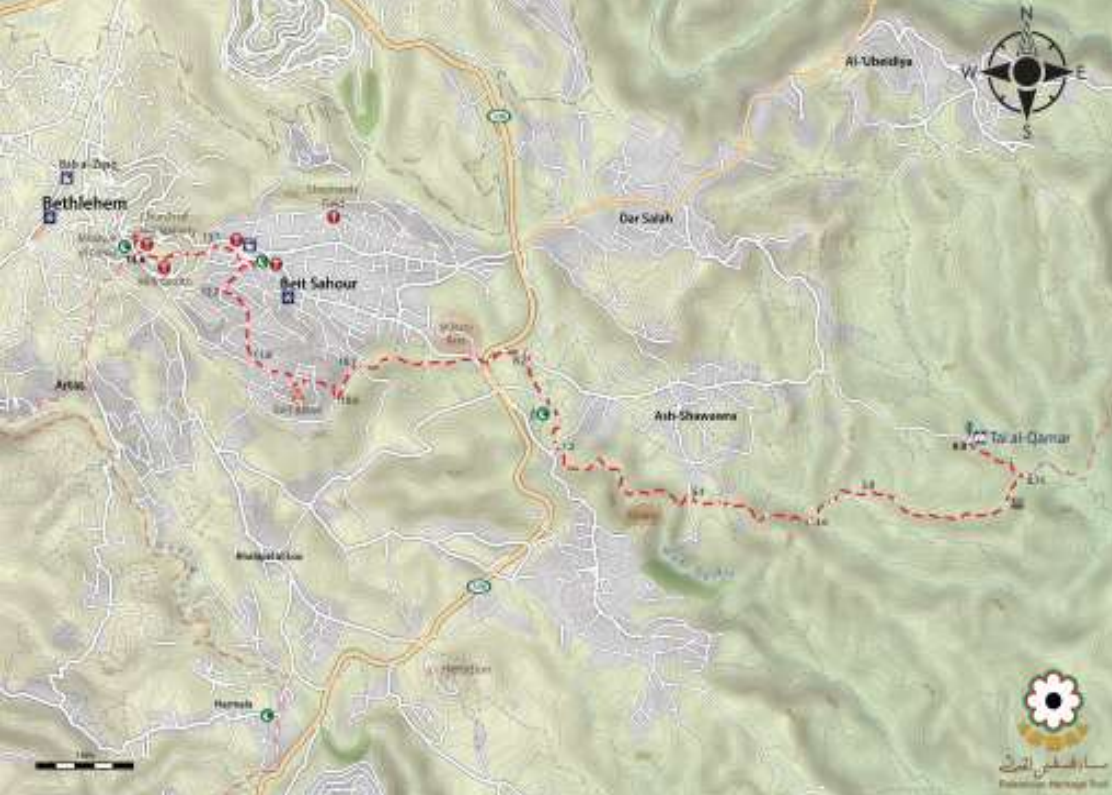
Email: g_m-kh@hotmail.com

Place

to Stay?

In the wilderness of Dar Salah, Tal al Qamar is located 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)designed to fit the semi-desert environment and can accommodate up to 3 guests.

 0568 903 502



Marking the city tour in Bethlehem



Old Caves/Houses



Bethlehem Street

RECAP OF THE STAGE

14.60 Km

4-6 Hours

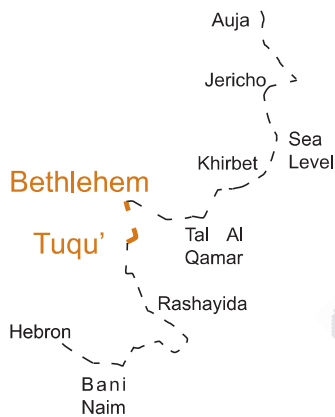
+ 600 m
- 300 m

Family
Friendly



Nativity Church

Bethlehem Tuqu'



After a visit to world heritage sites, the Old City of Bethlehem and Nativity Church, follow the fertile valley of Artas towards Tuqu'.

Starting at Manger Square in Bethlehem you will soon discover springs and aqueducts and many cultural and architectural places of interest. As you approach Tuqu' you will pass through a fertile valley. You may want to stop here and have a lunch at the Women's Center in Artas.

Points of Interests

ARTAS : 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 convent of Hortus Conclusus "Closed Garden» and the surrounding hills with terraced green fields.

The village is also famous for the annual lettuce festival which has been taking place since 1994. Artas contains several archeological, natural and heritage sites such as:

HORTUS CONCLUSUS CONVENT/ THE SEALED GARDENS : called (aljanna 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 : cThe 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 of Jerusalem from Patriarch Sophronius and issued the Omari Convention which is still effective up till now.

KHIRBET TUQU' (RUIN): 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.

BIRKAT SULAIMAN(SOLOMON POOL): 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 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 andHebron. It was known as "Murad Castle" or "Castle of the Pools".

People to meet

COOPERATIVE OF WOMEN OF ARTAS (SINCE 1993):

When visiting Bethlehem, take the opportunity to explore the beautiful verdant Artas Valley and visit the women at Artas Women committee for a taste of the culinary treats traditional to the region and sourced from the local agricultural community that works to reveal cultural heritage through education, make sure to keep Palestinian folklore alive and preserve old buildings. Thus a center of research as well as a museum were established. Its main activities are awareness workshops about healthy food for students, sewing, and embroidery.

☎ 0592807499

Place

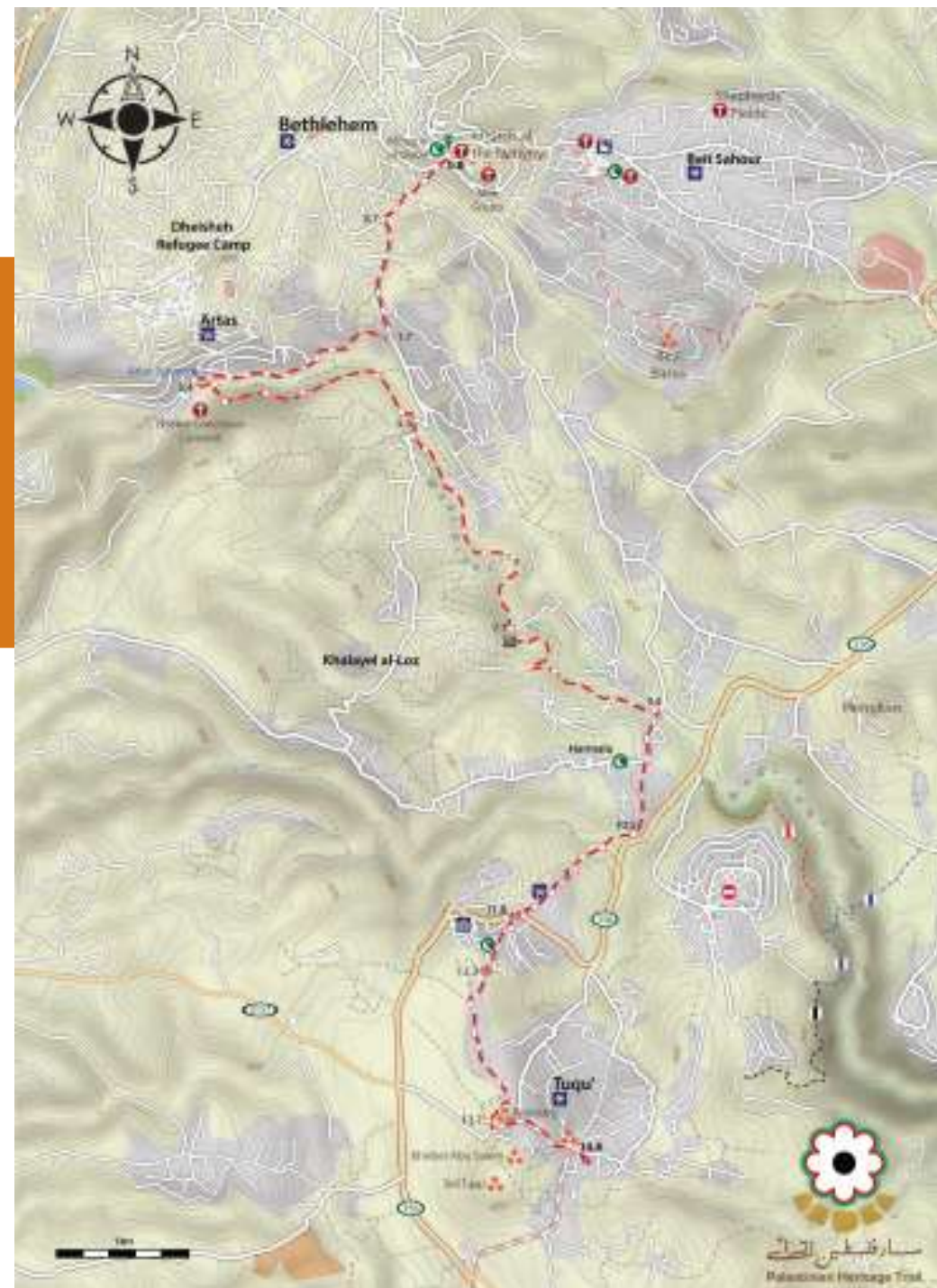
To Stay?

Mousa Al Sha'er homestay

If you are a group of friends or large family members ,Mousa Al Sha'er homestay will perfectly suit you for it.

☎ (+970) 599087068

☎ +972597603208



Solomon's Pools



Sewing workshop in Artas

RECAP OF THE STAGE

14.5km

4-5 hours

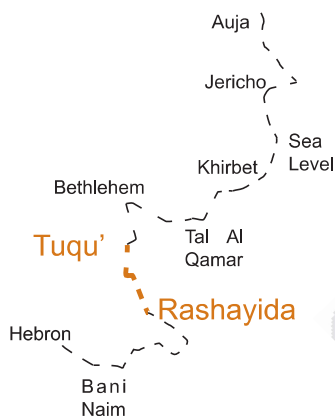
+ 300 m
- 330 m

Family
Friendly



Artas Convent

Tuqu' Rashayida



After a visit to world heritage sites, the Old City of Bethlehem and Nativity Church, follow the fertile valley of Artas towards Tuqu'.

This hike will take you from Tuqu' through Wadi el-Jihar to 'Arab ar-Rashayida village. Here in Bedouin lands you will see their 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' : is a village of around 5,000 people located southeast of Bethlehem, on the eastern side of the southern hills, 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, ruins of an early Byzantine church with mosaic floors as well as other many archeological and historical sites can be seen.

JIHAR VALLEY : The Trail from Tuqu' dips into the spectacular 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.

RASHAYIDA : a village known as Arab al Rashayida, located 20 kilo meters from Bethlehem and it is 500 meters above the Dead Sea. The village inhabitants settled there after the settlement of Bedouins families (beni Rashed). In summer, they suffer from water cutout as well as electricity lately. In addition, illiteracy is very high in comparison with other places along the Masar.

AL ERISHAH SITE : One of the most amazing and beautiful sites in Arab al Rashayida that overlooks the Dead Sea which makes the view breathtaking.

DEAD SEA VIEWPOINT: It can be reached by the SUV cars or by a sub-Trail. It is recommended to be visited for observing the sunrise or sunset.

People to meet

TUQU' WOMEN'S CENTER : This cooperative offers homemade pastries and embroidery practice.

☎ 0599964789

Place

Tip 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 a sunrise.

☎ 0597430969



In the Rashaida desert



Village of Tequa

RECAP OF THE STAGE

24.3km

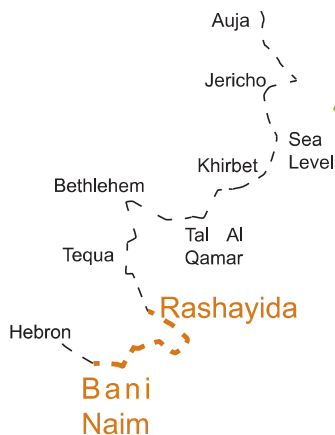
7-9 hours

+ 400 m
- 600 m

hikers



Underground passages in Tequa



Rashayda Bani Naim

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: Although most of the city's 20,000 residents have moved into newer housing in the outskirts of Bani Na'im, the ruins of the Old City, dating back to the 1600s, still 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-Barik was renamed after the Bani Nai'm tribe that settled there in the 17th century.

KHIRBET AL DEIR : a monastery's remains dated back to byzantine period located in the desert close to Jihar Valley. It contains a church, caves, wells and pools.

KHIRBET AL-QASER /HISTORICAL CASTE : Is a historical and archeological site 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 : 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 there 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.

People to meet

WOMEN OF 'ARAB AR-RASHAYDA : 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 m) 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.

☎ 0598027530

Place

To Stay?

Alia home stay

is located in the middle of nature ,rich with wild Palestinian trees and plants .The house is special with its very big old tree. The Home stay has one guest room with 2 bed and outdoor spaces where breakfast is served in the fresh air . Alia cooks all Palestinian meals according to the request of visitors and provides many local products

(+970) 597454335

☎ +972597454335



Bedouin girl



Rashayida Desert



Footprints of Abraham

RECAP OF THE STAGE

22.3km

7-9 hours

+ 900 m
- 400 m

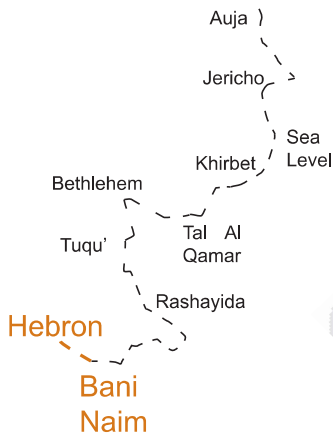
hikers



Dead Sea View from Rashaida

Bani Naim

Hebron



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

This section of trail takes you from the mountainous region where Ibrahim interceded on behalf of Lot'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 : 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. It has many amazing sites

CAVE OF THE PATRIARCHS/ IBRAHIMI MOSQUE : 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: Adam and Eve, 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.

People to meet

COOPERATIVE OF BANI NAIM WOMEN (SINCE 2011) : This cooperative offers a day care center, organizes awareness workshops and creates income generating projects.

She makes grape products, dairy products, jam, pastries and pickles.

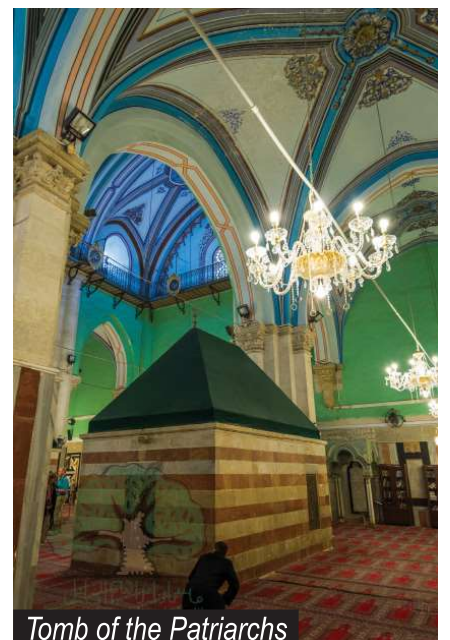
☎ 0599940558



Ceramist in Hebron



Mambré oak



Tomb of the Patriarchs

RECAP OF THE STAGE

7 Km

2-3 hours

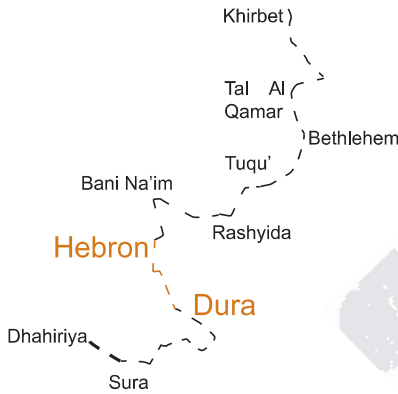
+ 150 m
- 200 m

Hikers



Old city of Hebron

Hebron Dura



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 Ibrahim Mosque (Al-Haram al-Ibrahimi), the most important landmark in Hebron, where Ibrahim (Abraham), revered by three religious traditions, was buried alongside his wife, his son, grandson, and their wives.

The path leads further through the souqs 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.

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 gain entrance, call the phone number posted on the outside gate.

AL-MA'MUDIYA 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 a 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 and was a site of pilgrimage.

A place To Stay?

Al Matal Guesthouse:

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

Contact Foad Khallaf:

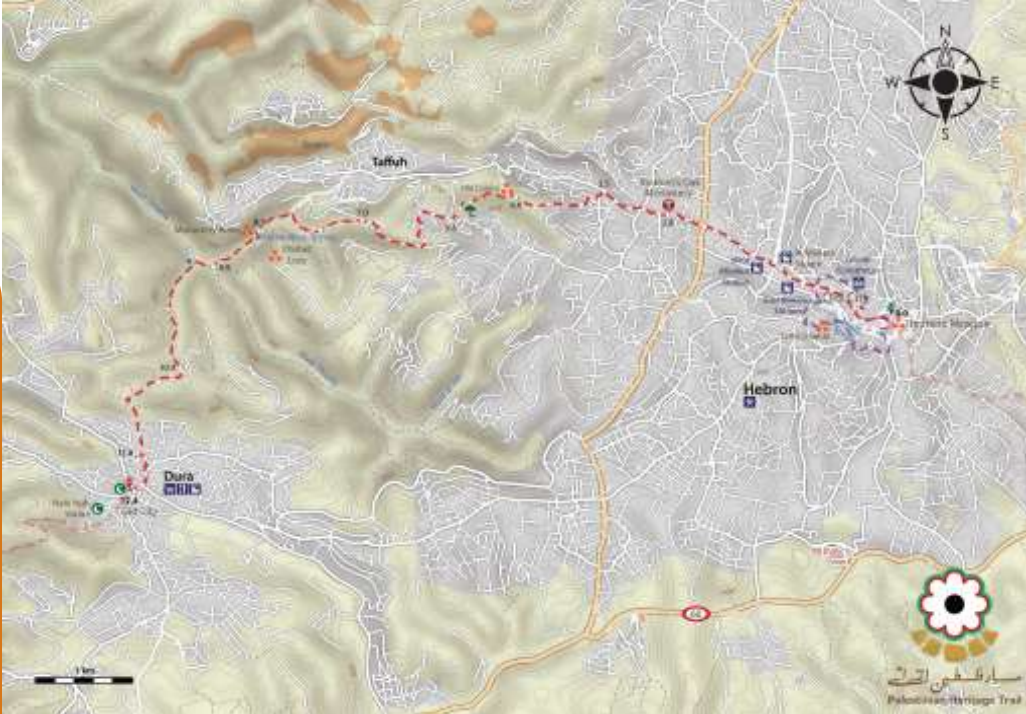
☎ 0599838371

People To Meet?

"Dura Cooperative Association for Agricultural Production"

You will see the long shelves with their products which include, yogurt products, raisins, dibs, grape jam, dried herbs, and za'tar. They have received training in food processing from Oxfam and the Economic and Social Development Center of Palestine"

☎ 0595198800



Mamre And Ibrahim's Oak Monastery



Al-Ma'mudiya Spring



Al Matal Gusset House

RECAP OF THE STAGE

12.4km

3-5hours

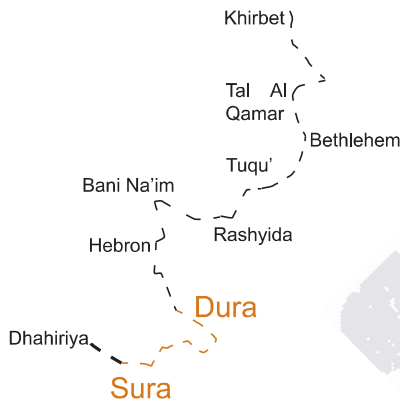
+ 250 m
- 430 m

Family Friendly



Hikers in Dura

Dura As-Sura



Meet the members of Dura Women's Cooperative, listen to the stories of the region and walk the scenic valleys towards As-Sura.

In Dura, hikers can start their day by visiting Dura Cooperative Association for Agricultural Production, where they can stamp their Hiker Passports and support the women's cooperative by purchasing some aromatic herbs or sweet raisins or malban (dried grape juice rollups) – a tasty snack for the way.

An-Nabi Nuh Shrine (the Shrine of Prophet Noah), 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 the 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 the 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

NABI NUH SHRINE : (the Shrine of Prophet Noah), 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.

A place

To Stay?

Al Matal Guesthouse:

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

Contact Foad Khallaf:


0599838371

People

To Meet?

“Dura Cooperative Association for Agricultural Production”

You will see the long shelves with their products which include, yogurt products, raisins, dibs, grape jam, dried herbs, and za'tar. They have received training in food processing from Oxfam and the Economic and Social Development Center of Palestine”

 0595198800



Part of Dura's Trail



Dura's Nature



Hiker Climbed a rock

RECAP OF THE STAGE

11.2km

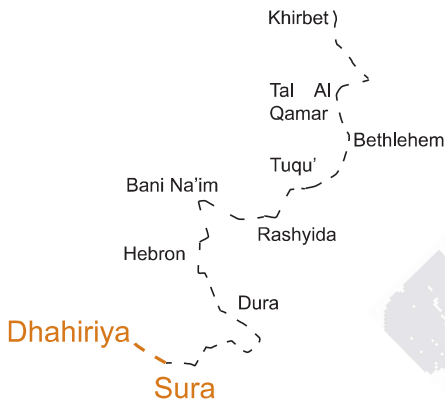
2-3hours

+ 250 m
- 430 m

Hikers



Hikers in As-Sura



The stage reveals impressive ruins of ancient monasteries, shrines, presses and cisterns.

After passing through the rural areas surrounding As-Sura, the path to Adh-Dhahriya, leads through evergreen pine forests. It continues towards Khirbet Rabud, 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 Rabud 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 built nearby.

Later, a long portion of the trail passes through the picturesque Wadi Nar to reach Adh-Dhahriya. According to local tradition, Ad-Dhahriya was founded in 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 is can also be found in the village. Nevertheless, Adh-Dhahriya'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 RABUD : 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 Rabud 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 Rabud is built nearby.

MASAKHET AREA : which consists of rocks of all-sizes with distinctive formations. These rocks are distributed in fields located southwest of the village, and this is connected to a myth used to be told by mothers of other Palestinian villages to teach their children an educational 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.


A place

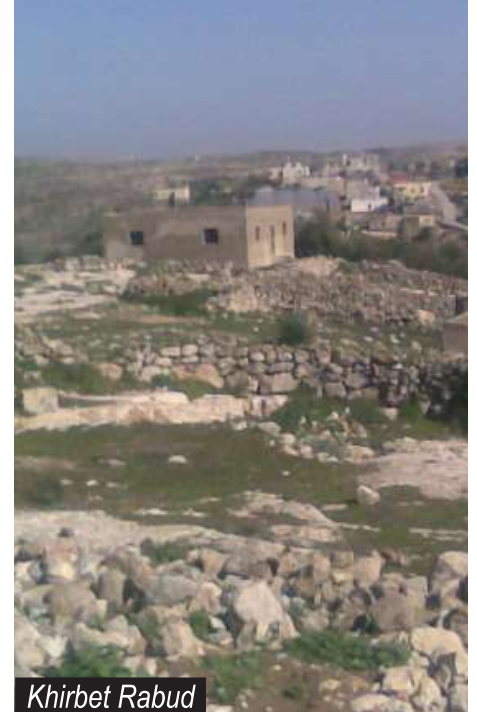
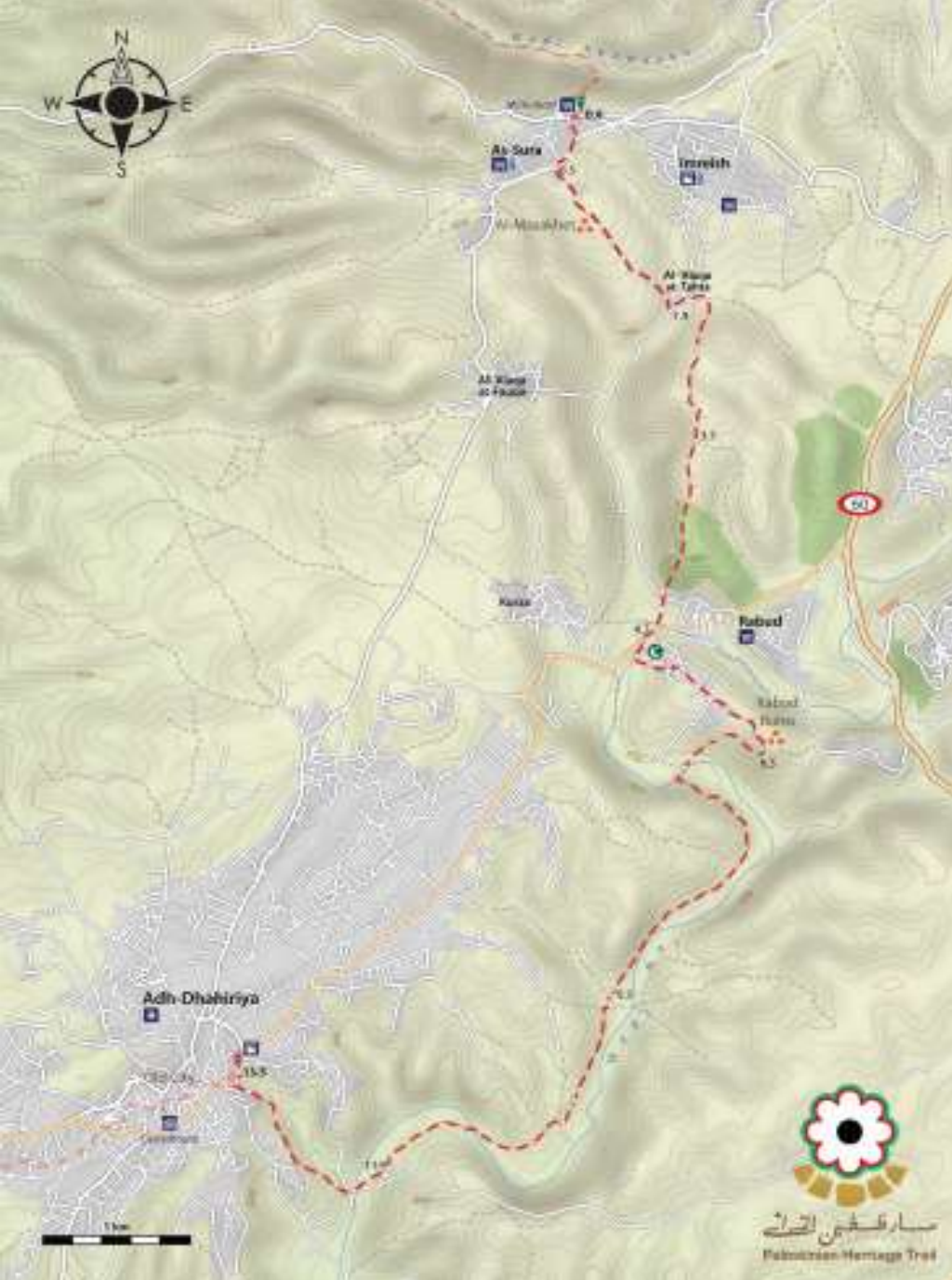
To Stay?

Hosh Al-Sabbar Guesthouse

4 bedrooms-14 beds, each room has a bedroom and a shower

Kamal Jabareen

 0599292560



Khirbet Rabud



Camp fire

RECAP OF THE STAGE

13.5 km

4-5hours

+ 250 m
- 430 m

Hikers



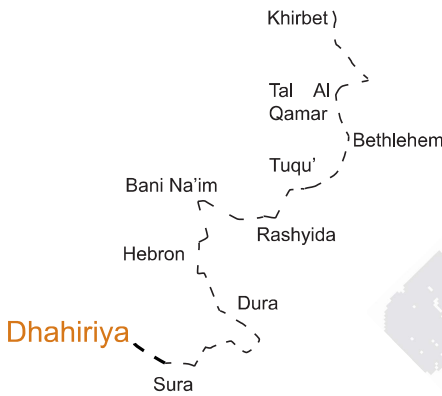
Hikers in Dhadhiriya

Dhahiriya

Beit Mirsim

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

The final stage of Palestian Heritage Trail takes hikers on an interesting 19-kilometer hike between Adh-Dhahiriya, 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.

QASR ANAB AL-KABIR : 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: 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 of 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.

A place To Stay?

At Soumaya's home one can enjoy traditional hospitality in a home that contains two bed rooms, 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.

 0598111802



Rujum Al-Jureida



On The Road To The Final Stage



Al-Burj

RECAP OF THE STAGE

19.8km

6-7hours

+ 250 m
- 430 m

Family Friendly



Tell Beit Mirsim

Beit Mirism

Al-Kom



This section starts from Beit Mirsim homestay, which overlooks the archeological site in the area. Today's walk takes us through several villages and communities in the area starting with the villages of 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 Sika passing through the quite center of town which gives walkers the chance to interact with local families. Afterwards, passing the villages of Beit Awa and Beit Baar. Our final destination will be reached after crossing Der Samit village to Al Moraq and its historical 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 seem to have flourished. It was dominated by Egypt, as attested by Egyptian findings.


AL MUWARRAQ 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.

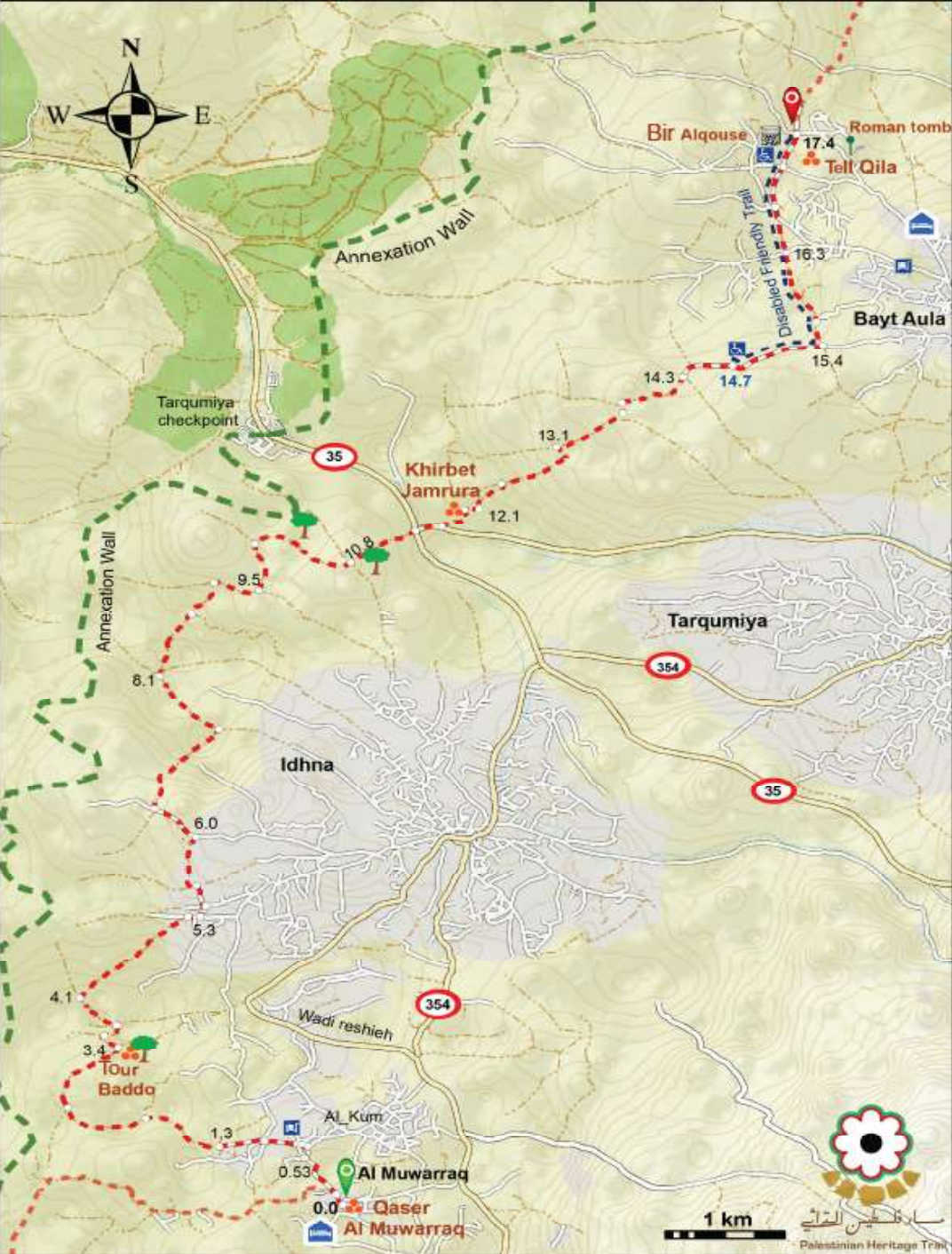
A wall was also built around it surrounding it from all sides, and this type of palaces was built during the reign of Adus the Edomite, the king of the Arab Edomites, who built many Roman palaces and castles whose effects are still present in all Palestinian cities.

A place To Stay?

Al kom homestay: Haifa Rjoub
Contains two bed rooms, two bathrooms, one kitchen and a wide sitting room.

6-8 guests can be hosted at the same time .

 0599991409

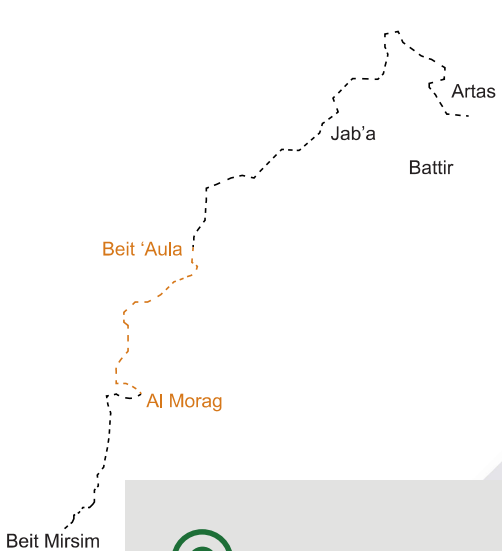


RECAP OF THE STAGE

- 15.4 km
- 5-6hours
- + 250 m
- 430 m
- Family Friendly



Landscape View



Beit 'Aula

Al-kom

This segment starts from Qasr Al Mouraq towards the town of Idana passing through the legendry 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.

Points of Interest

BAER AL-QOUS : there are many archaeological wells and springs in the Beit Aula' village, and most of them are located in the western region of the town.

AlQous Well an ancient well. Al Qaws well is a very old well and 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 known ,the oldest and most common kind of well is a water well to access groundwater and for storing raining water

TUR BEDO :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 Rabud,» 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 Bayt Jibrin.

A place To Stay?

Beit 'Aula Guest house:
 Conntains two bed rooms, two bathrooms, one kitchen and a wide sitting room.
 6-8 guests can be hosted at the same time .
 ☎ 0599991409



Locals Hiking the trail



Nature in Beit Awwa

RECAP OF THE STAGE

17.4 km

6-7 hours

+ 250 m
- 430 m

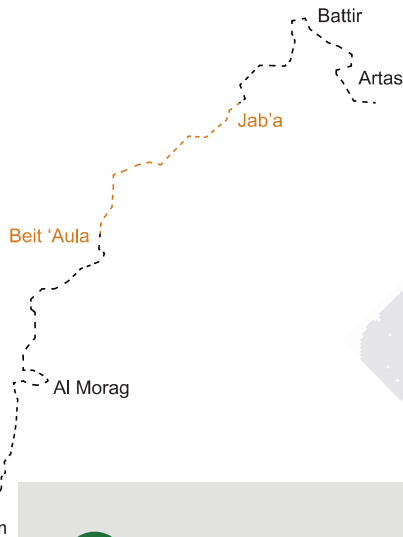
Family Friendly



Tur Bedo

Beit 'Aula

Jabba'



This section connects Hebron and Bethlehem governorates. Starting from Beit 'Aula and the magnificent hill of Qilla, walkers 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 Jabba' and the local homestay that overlooks the amazing landscape.

Points of Interest

THE OLD CITY OF JABA : One of the most important archeological sites in AlJaba Village is the old city of Jaba .It is said the AlJaba 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-year-old 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 as a result 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.

A place To Stay?

Al Jabba' guest house- Mosab Al Tos

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

 0598252743



Cave Entrance



Old Cave/House



Wine Press

RECAP OF THE STAGE

13.4 km

4-5 hours

+ 250 m
- 430 m

Family Friendly



Jabba'

Jabba' Battir

Today's walk starts from the old center of Jabba' towards the town of Wadi Fuqin a beautiful traditional agricultural community. From there walk up to the town of Hussan (World Heritage Site) through Al Oyoun valley towards to Ain Al Haweyah site, (local water spring). From there continue to Battir village crossing the archeological site of Battir arriving to the historical center of the village all part of the World Heritage Site.

Points of Interest

BATTIR - AIN AL-BALAD, AIN JAMEH, AND THE ROMAN BATH : As for the archaeological sites in the village, there are Ain al-Balad, Ain Jameh, 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 located in the middle of the village. Archaeologists 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

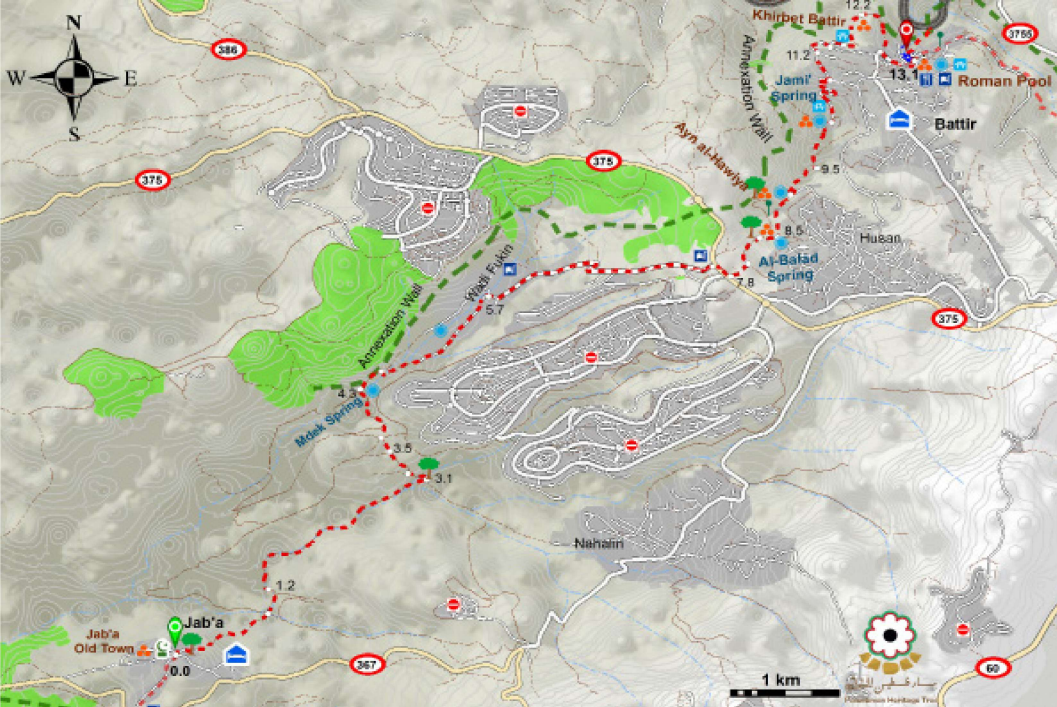
In 2011 UNESCO awarded Battir a \$15,000 prize for «Safeguarding and Management of Cultural Landscapes» due to its care for its ancient terraces and irrigation system.

People To Meet?

Wad Fuken Women Club

Seasonal pickles and vegetables - it is possible to coordinate with farmers to pick vegetables directly from the farm.

☎ 0597600316



Jabba's Trail



Ein Al Balad



Old Pathway

RECAP OF THE STAGE

13.1 km

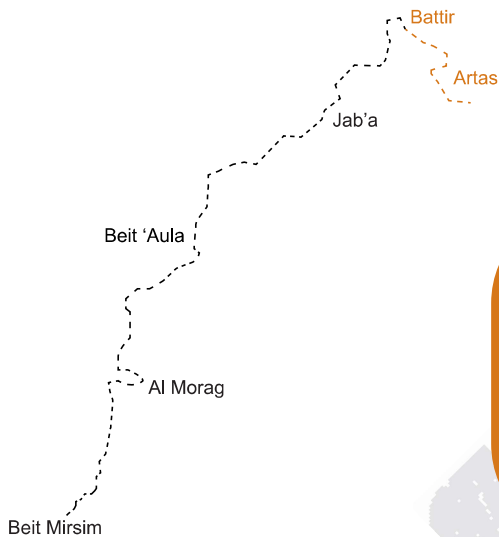
4-5 hours

+ 250 m
- 430 m

Family Friendly



Ein Hawiya'



Battir

Artas

Today's walk starts from the historical center of Battir towards Al Makhrouf 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 Al Khader Monastery. Walkers 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 (aljana 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 in 1901 by engineers from Bethlehem of Morcos family.

People To Meet?

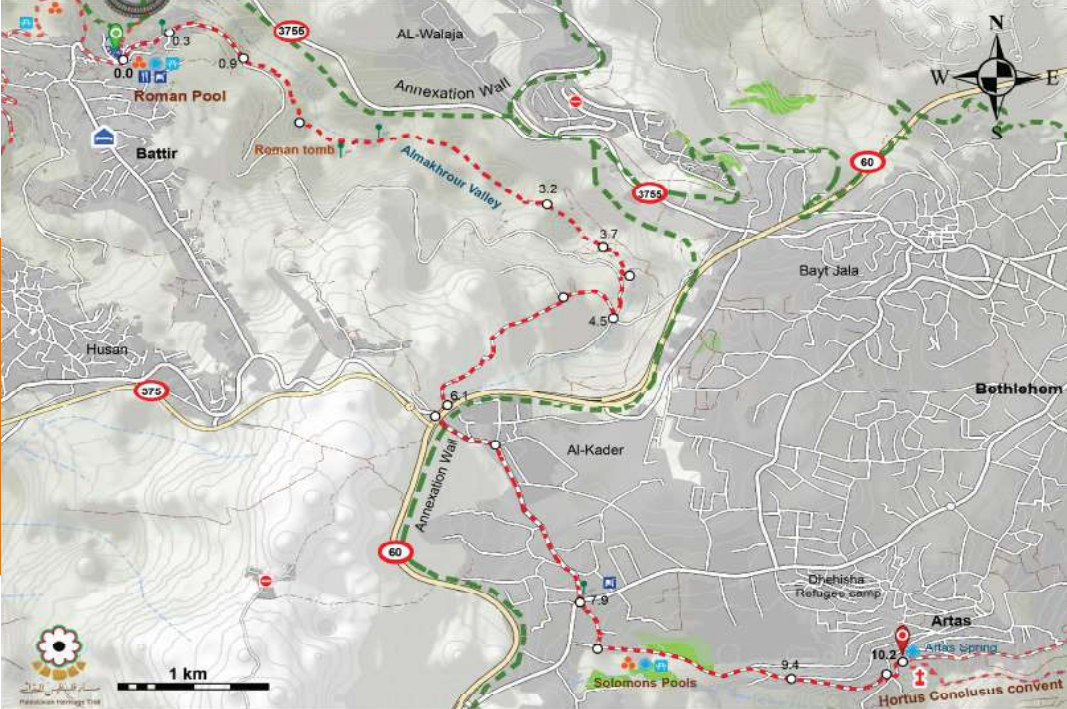
Battir Women Committee

Pickles- Jam - Seasonal Vegetables.

 Samah Odeh Abu Nema
0586290352



Old Stairway



Arch Way



Roman Pool



Battir

RECAP OF THE STAGE

10.2 km

3-4 hours

+ 250 m
- 430 m

Family Friendly



Eln Sabeel

Jerusalem Jabal Al-Baba

Jerusalem, as a holy city for Islam, Christianity, and Judaism, is one of the oldest continuously inhabited cities in the world. Archaeological excavations show that the history of the city goes back over than 5,000 years ago. Among its 220 historic monuments are the 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 through 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.

People

To Meet?

Al Eizaria Cooperative for Rural Development


 597993949

Email: bashar.shweiki123@gmail.com

Place

To Stay?

Al-Eizarieh Charitable Society

 0599367030

Email: acs_jerusalem@yahoo.com

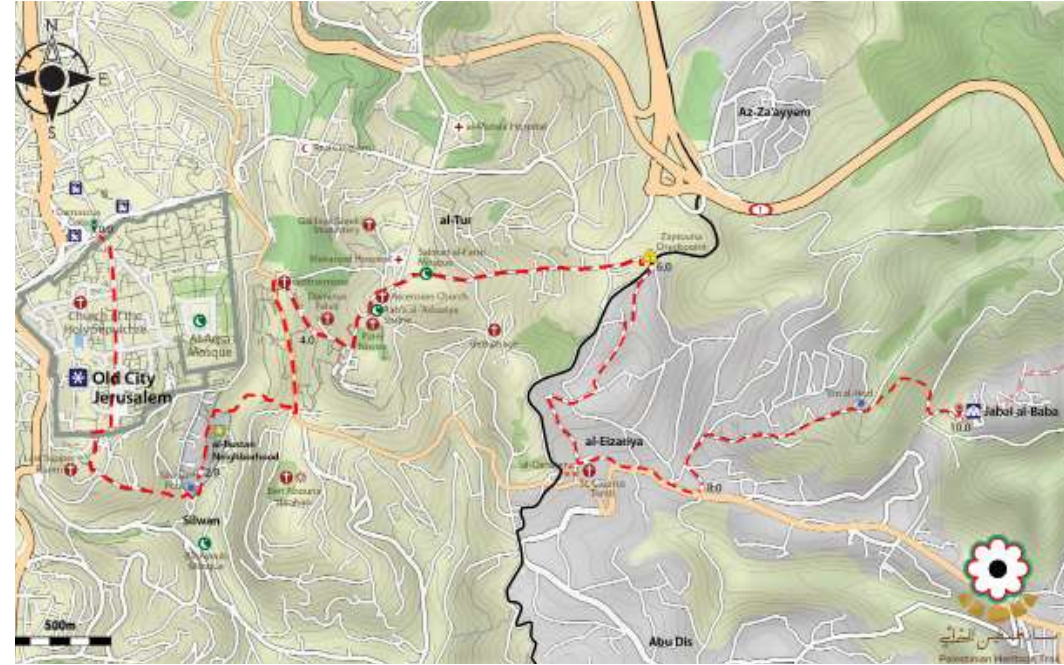
Sea Level

Jabal Al Baba

Jerusalem



Hikers in Jabal Al Baba



Wilderness



Jabal Al-Baba



Jabal al-Baba Entrance

RECAP OF THE STAGE

7.8km

3-4 Hours

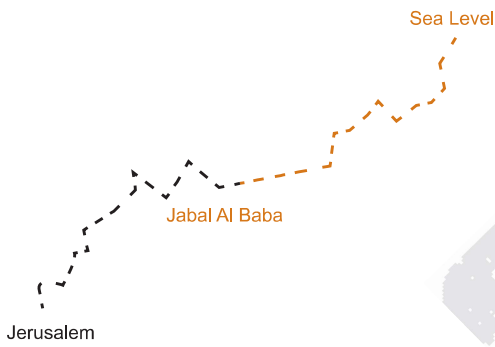
+ 250 m
- 430 m

Family Friendly



Kidron Valley

Jabal Al baba



Jabal el Baba (The Pope Mountain) is a Bedouin community located in East Jerusalem heights in the town of Ezeriya, its 350 population groups in 70 families that came from Bir As-Sabe' and 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 I bin 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 considered to be one of Jerusalem's hills that overlooks the city of Jerusalem and the Dead sea, and it is characterised by the beautiful environmentalism as it has a water spring next to the Roman archaeologist ruins, 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 encounter 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 Bedouins.

People

To Meet?

Al Eizaria Cooperative for Rural Development

0597993949

Email:bashar.shweiki123@gmail.com

The Mount of Olives Women Center

Al Makased Hospital- second door on the left

0502106677

Place

To Stay?

Milda (Jake) Adam Guesthouse

Bab al Khalil-Old City Jerusalem

0543270425

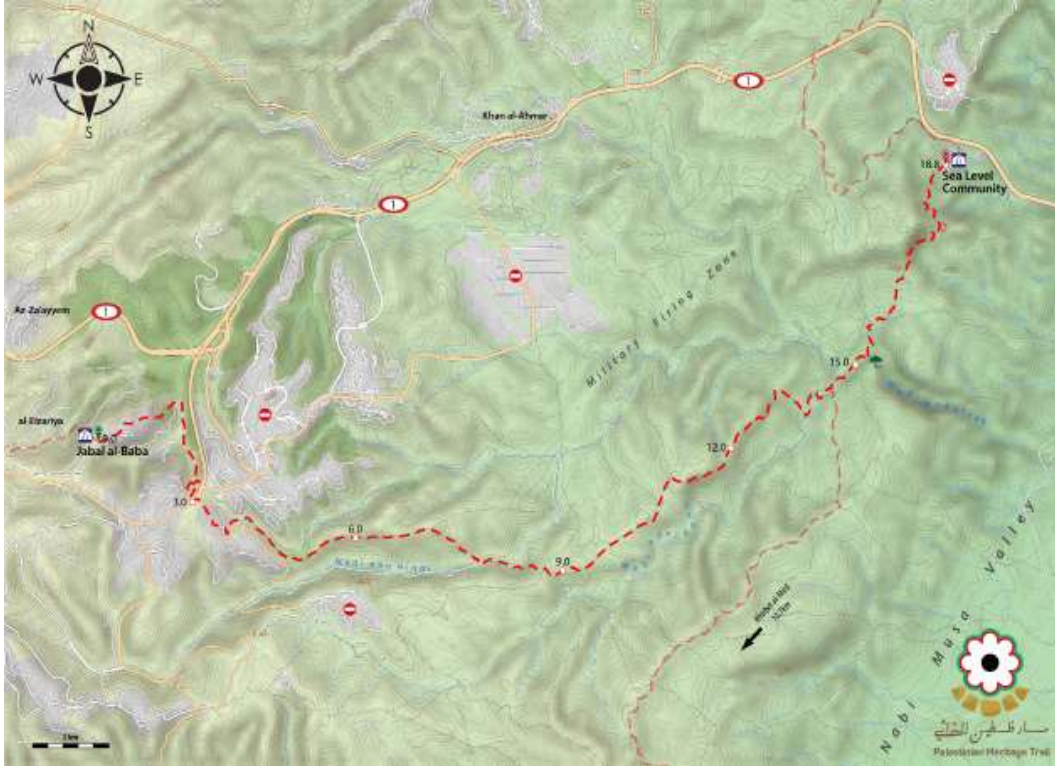
Milad Milad Guesthouse

Eizareia

0569763908



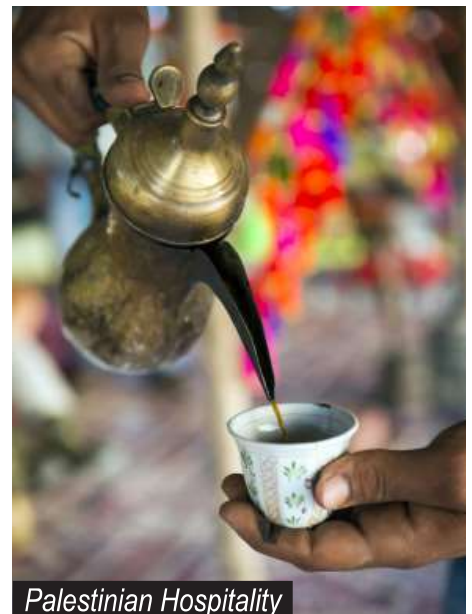
Bedouin Camp



Flora And Fauna



Wadi Abu Hindi



Palestinian Hospitality

RECAP OF THE STAGE

13.5 km

4-5hours

+ 250 m
- 430 m

Family Friendly



Wadii MuKallek

Beit Surik Beit Duqo



Beit Duqo is a Palestinian lofty village that is located on Barritta mountain 13 km northwest of Jerusalem. The 750 meters above sea level village is full of grapevines and olive trees also overviews the Palestinian coast to the west.

Beit Duqo is surrounded by amazing landscapes like At-Tira in the North, Beit Enan , Qbeibeh and Biddo in the South, Beit Liqya in the West and Beit Ijza and Al Jib in the East.

The village is a full of historical Maqams and ruins, such as Maqam Sheikh Omar, Maqam Sheikh Ismail, the area Of " Akd Ein Suliman " and the lefts of Jifna ruins.

Beit Duqo village was named in 1400 AD after its founder Sheikh Omar Al-Daqaq.

Points of Interest

AL-QUBEIBA : Al-Qubeiba 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.



Old Caves system in beit Surik

People

To Meet?

Beit Doqu Development Society

Beit Doqu

0598471066/ 0597222349

Bait Emmaus Cooperative for Food Processing

Qbeba

0594010292

Society Feminist Center Beit Surik

Beit Surik

0595919848/ 0598954929

Place

To Stay?

Abd Baset Hasan Musleh Guesthouse

Beit Doqqu

0569626990

Samira Mahmoud Samara Guesthouse

Qubeba

02-2473538/0597120698

Safwat JUMHOR Guesthouse

Beit Anan

0569291727

Dalal Guesthouse

0597222349

Beit Doqqu



Beit Duqa



Al-Qubeiba



On The Trail

RECAP OF THE STAGE

10.7 km

3-4hours

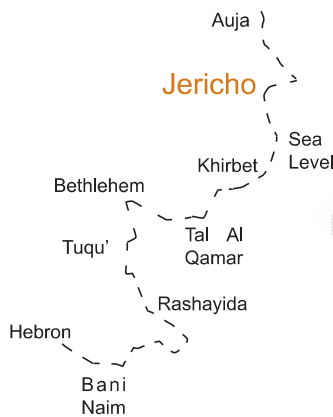
+ 250 m
- 430 m

Family Friendly



Beit Surik

City Tour Bike Jericho



Is a unique experience along Palestian Heritage Trail . Jericho, known to be one of the oldest cities inhabited by people 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 an amazing historical heritage in Palestine.

Riding a bicycle there makes the tour more interesting.

You can make it alone or you can contact with one of the tour operators that are partners with Masar.

Points Of Interests

JERICHO: one of the oldest cities inhabited by people due to its fertile and rich land in Jordan valley. This city has many special historical elements..

1.MOUNT OF TEMPTATION MONASTERY OF THE TEMPTATION (MOUNT OF TEMPTATION): : 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 I the 6th century over the cave where Jesus stayed. The Trail leading to the monastery is very steep ad difficult to climb but is well worth the walk.

2.SUGAR MILLS : dating back to Omayyad period (7-8 centuries) but was at its height during Crusader days.

3.TELL ES-SULTAN : 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.

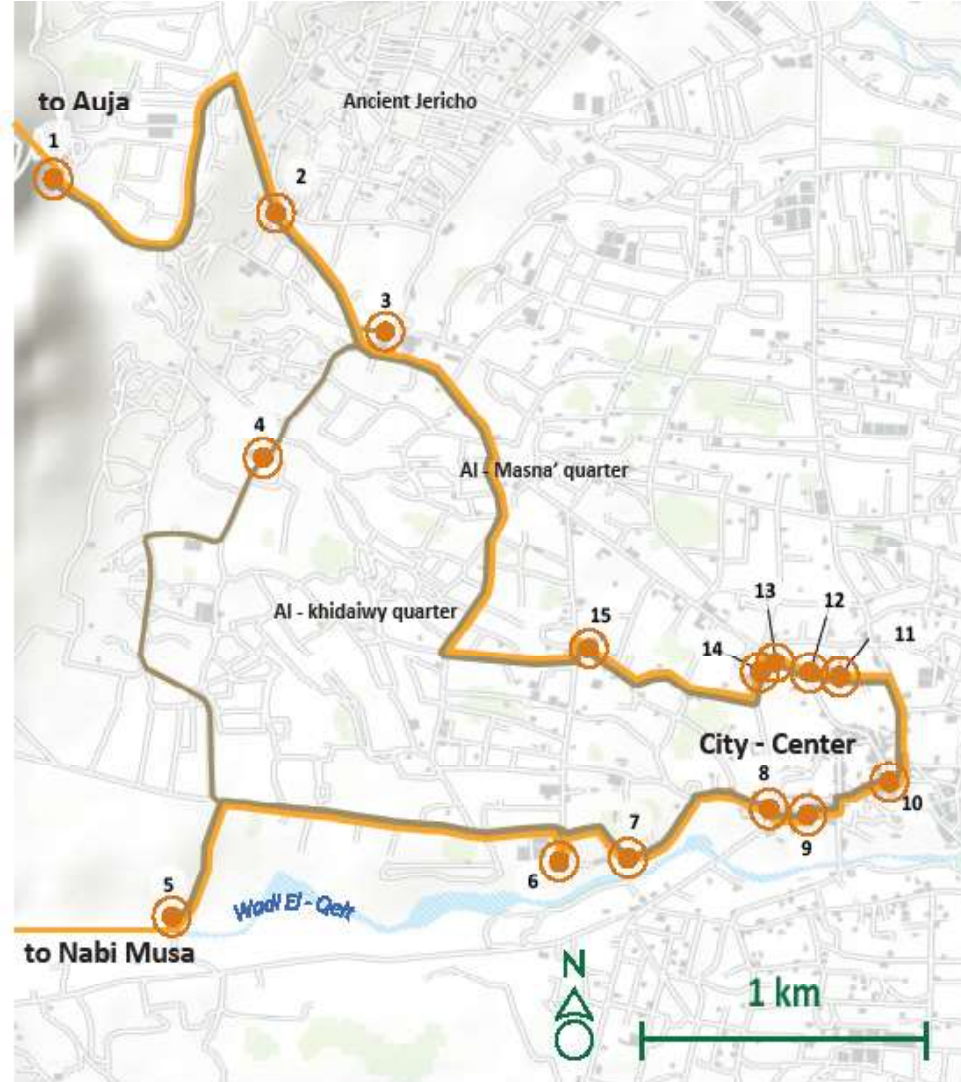
4.TELL ES- SAMARAT (HILL : is a hippodrome-theatre dated back to Herod.

5.THE RUINS OF HEROD'S WINTER PALACE : dating back to late Hellenistic- early Roman period, built on a small hill on two water banks.

6.ZACCHAEUS' HOUSE: : it is said to be the place where he invited Jesus Christ.

7.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.

8.THE RUSSIAN MUSEUM: : located near the tree that exhibits local archeological pieces.



Information panel



Sycamore of Zacchaeus

- Map Legend**
- Points Of Interest
 - City tour
 - Bike tour
- | | | | |
|---|--------------------------------------|----|-----------------------------------|
| 1 | Mont des Tentations | 9 | Local market |
| 2 | Sugar refinery | 10 | Tourist info point |
| 3 | Tel el Sultan | 11 | Craft market |
| 4 | Tel el Samanat | 12 | Zaccharia tree and Russian museum |
| 5 | Herod's Palace | 13 | Ethiopian Church |
| 6 | House of Zaccus | 14 | Women's Cooperative |
| 7 | Houses in north and aqueduct Ottoman | 15 | Roman Church |
| 8 | New mosque | | |

RECAP OF THE TOUR

12 Km

4 hours

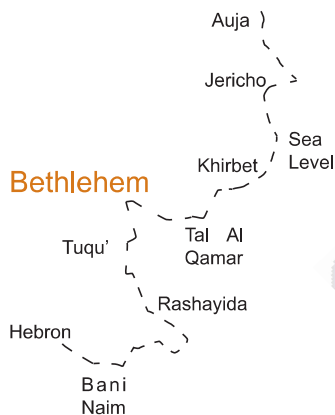
Family Friendly



Bike tour

City Tour

Bethlehem



This tour is available for everybody. You will walk on the typical and symbolic streets of Palestine: Bethlehem, for Catholics, is the place where Jesus was born as well as many sites and locations that follow the nativity story. Such as Manger Square, Milk grotto and 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 the tourism operators that are partners with Masar.

🕒 *Points of Interests*

MILK GROTTA CHAPEL: is located a few minutes of walking from Manger Square

MANGER SQUARE: the symbolic square for Bethlehem where Omar mosque and Nativity Church are located. The name of the square goes back to the manager of Jesus.

NATIVITY CHURCH : a church in Bethlehem built by the first Constantine (330 year AD) above a grotto which is said to be Jesus manger.

OMAR MOSQUE: located in Manger Square opposite to the Nativity church which is the only mosque in Bethlehem established in 1860s .

BETHLEHEM MUSEUM : : dates back to 1972 that reveals the traditions and the cultural heritage of Palestine in general and Bethlehem in specific.

KING DAVID'S WELLS : : its water runs into a large cistern. Tradition thought to be from Byzantine times associates the place, as is customary, to a biblical episode that illustrates how essential control over water supplies was during battles and sieges. David parched with thirst, asked for water from this well, which belonged to the Philistines.

BETHLEHEM UNIVERSITY : : a very beautiful catholic university located in the center of Bethlehem city.

AL-BAD MUSEUM : A museum located in the old city of Bethlehem which contains olive oil's products.

THE MARKET : : in the old city which is the appropriate place to buy gifts, spices and Palestinian plates.

OTHER POINTS OF INTERESTS:

DAR AN-NADWA

SYRIAC CHURCH

AL MANARAH ROUNDABOUT

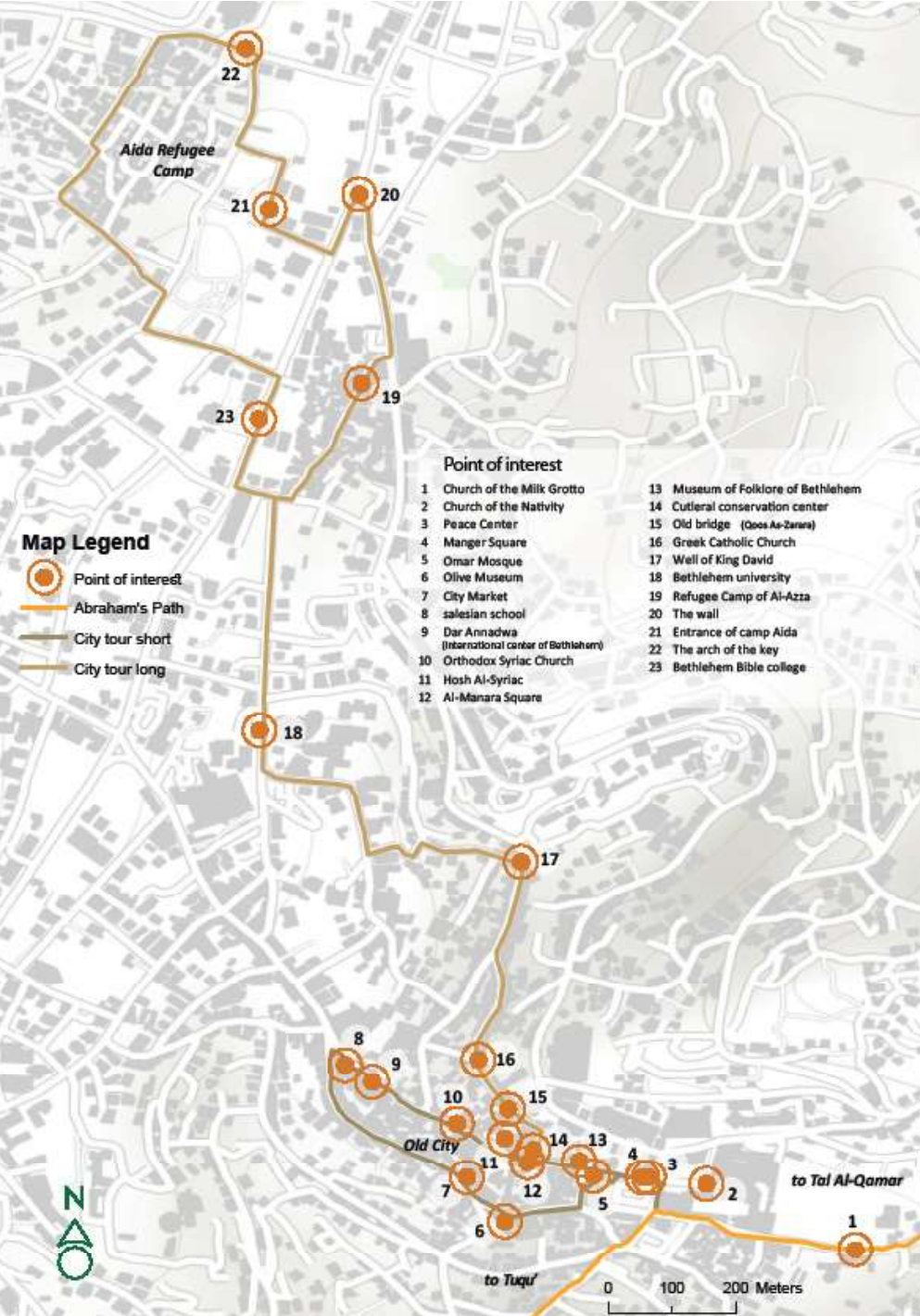
OLD GATE (AZZARARA ARCH)

GREEK CATHOLIC CHURCH

AL-AZZA REFUGEE CAMP

SHEPHERD FIELD

CREMISAN FIELD



University of Bethlehem



Nativity Square at Christmas

RECAP OF THE TOUR

4,5 Km

2 - 3 hours

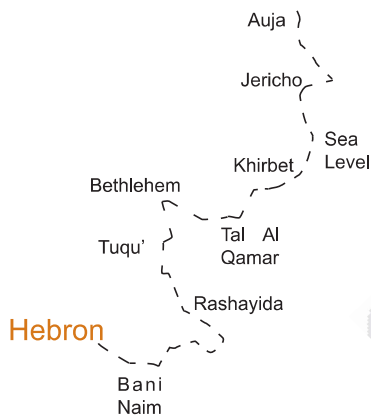
Family
Friendly



Street art in the streets of Bethlehem

City Tour

Hebron



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 al rahman) refers to Ibrahim al Khalil. The city is considered a very important and symbolic stage for Palestine Heritage Trail in which we can see Ibrahimi Mosque/ Cave of the Patriarchs containing Ibrahim al 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 handcrafts.

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 al din era (Mamluk Era) which aimed to provide Hebron city with water.

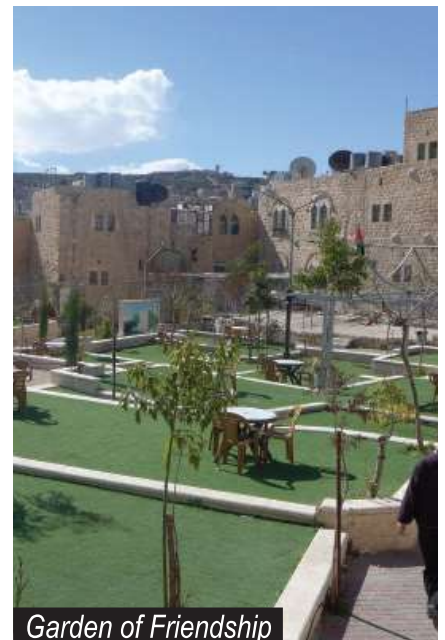
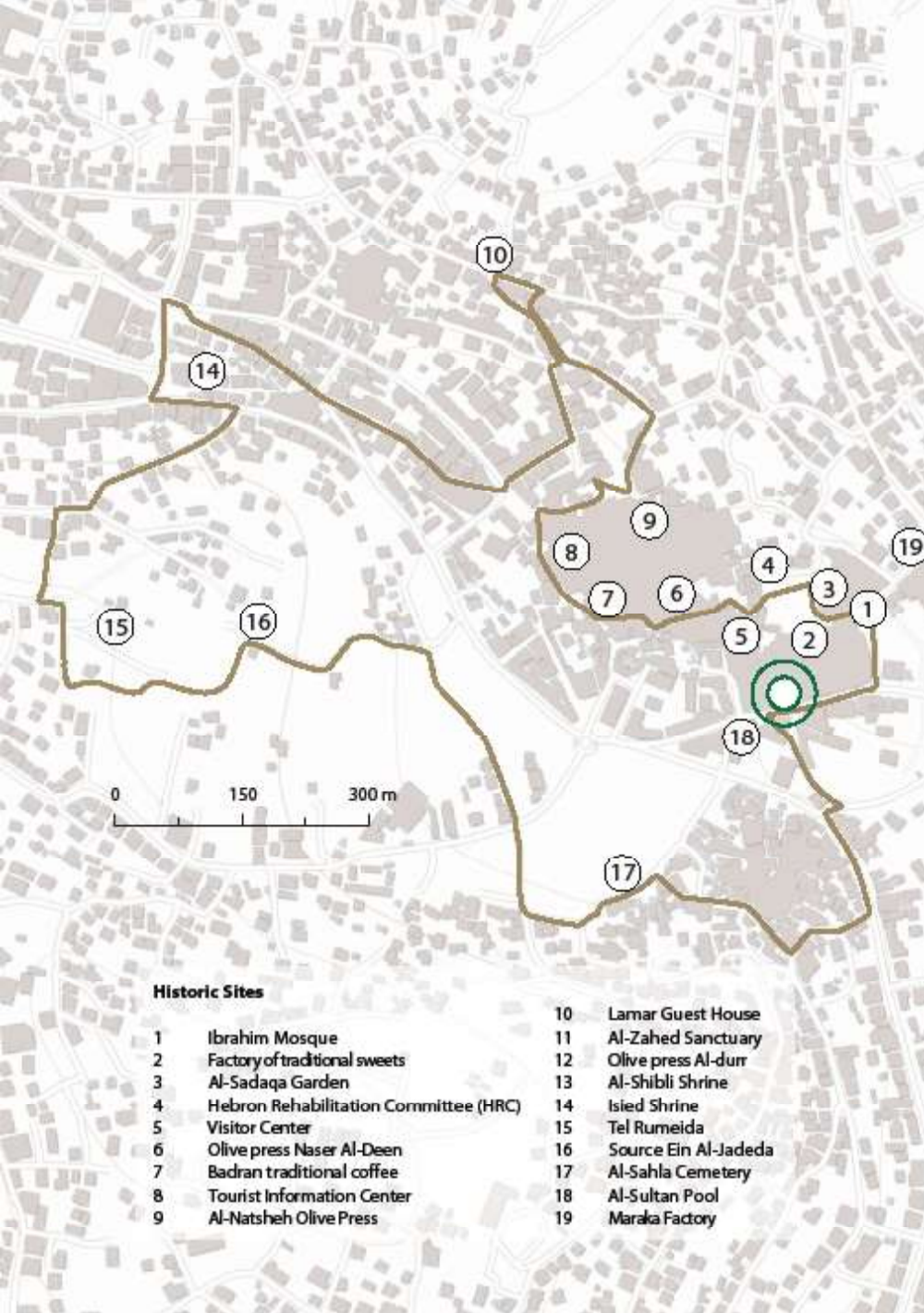
TELL RUMEIDA : It is said to be the first human settlement in Hebron, established next to Ein Judeida spring in the Early Bronze age. In the Middle Bronze Age, the site was surrounded by a cyclopean wall and the archaeological findings prove that the place at that time functioned as an administrative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

HEBRON MUSEUM: An archeological museum exhibiting tools dated back to Canaanite period.

FACTORIES AND MARKETS: Olive presses, traditional sweet factory, Hand-made crafts stores such as ceramics, glass, and Keffiyeh.

People to meet

HEBRON REHABILITATION COMMITTEE (HRC) : an institution responsible for protecting the historical heritage for Hebron City and rehabilitant and restoring old houses and buildings aiming at supporting the old city and proving living conditions for its people.



RECAP OF THE TOUR

4 Km

2 - 3 hours

Family
Friendly




Accommodation along the trail


Burqin



USAMA AL-SAIEGH HOMESTAY:

This home-stay is located at the entrance of the Martyrs Street in Burqin, on the main street. It overlooks a large 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.


 (+970) 597619930


 (+970) 597619930



MAHA KHLOUF HOMESTAY:

The house has two rooms and seven beds for visitors. It is also located in the middle of the country in front of an archaeological palace, a mosque and a church in which the family takes visitors on guided tours to these areas.

 (+970) 599840323


 (+972) 599840323


Sanur




RABIE WILD ALI HOMESTAY

A home-stay that hosts female guests only. The family consists of 6 members, two of them speak English. The house has two floors, and there are two rooms allocated for the guests.

 0569105560

 +970599105560

 rabee.wildali1@gmail.com

Arraba



HANA'S HOMESTAY

is a 100-year-old building that is a labyrinth of secret doors, narrow stairs and stonewalls that will awake the explorer in you. During your stay at Hana's residence, you will enjoy a view overlooking the remarkable Abdul Hadi Palaces ,It has one room with free sofa bed

+970 599 292 972

+970 4 246 8366

+972599292972



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

0599722591

+972599722591

Al Mardawi GuestHouse

ayatmardawi1978@gmail.com

Sabastiya



THE GUESTHOUSE IN SABASTIYA 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.

3 rooms, 10 beds

+972 9-253-2545

+972 (0)599 789 631

Sabastia Guest House



THE AL-KAYED PALACE GUESTHOUSE Offers modern comfort in a spectacular ancient setting. Set in a nineteenth-century Ottoman palace, newly and sympathetically renovated, it is surrounded by the picturesque Palestinian village of Sabastiya and its thousands of years of history

kayedpalace@gmail.com.

(+972) 059 947 3646

+972599473646

Al Kayed Palace Guesthouse



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.

khaledtamem@hotmail.com

059280083

+9720592771470

Nablus



KHAN AL WAKALAH HOTEL:

has different types of rooms.

☎ +972 09-2377779

✉ info@kawhotel.com



AL-YASMEEN 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 located in the hotel. It offers traditional meals using clay-pot-cooking that are served fresh from the oven to the table.

☎ 00972 9 2 333 555

☎ 00972 9 2 333 666

✉ Reservations@alyasmeen.com

Duma



IBTEHAJ BEIRAT HOMESTAY

3 bedrooms; 9 beds that can be arranged in the rooms according to the need of the guests.

– 2 bathrooms in the house

☎ (+970) (0)22802064



NIHAL DAWABSHEH

Located in Duma, a tranquil agricultural village in the vicinity of Nablus.

– 2 rooms for 5 visitors (beds)

– 2 bathrooms in the house

– an empty apartment in addition to her house for bigger groups (sleeping on mattresses, bathrooms, kitchen)


☎ +970) (0)599777282


Auja



ALI ABU KHARABESH BEDOUIN TENT

The tent is located along the 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 – Kedra – Musakhan) and evening barbecues.

 (+970) 597427434


 +972524787860


Jericho




AQBAT JABER MUD HOUSE

Built in an old traditional way in Jericho and is located in Aqbat Jaber Camp for refugees and is run by Women Center in Aqbat Jaber.


 (+970) 598715098


 972598715098

 Mudhouse

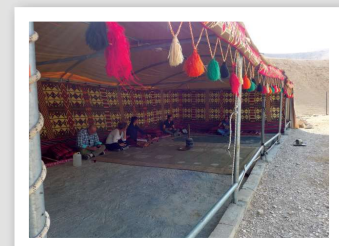


AUBERG-INN Auberg-Inn is a guest house located at the feet of the Mount of Temptation in the historical city of Jericho in Palestine. The property offers accommodations to individuals and groups of travelers in a two-floor Arab family house built in 1961.

 +970568966010


 +972523500041

Sea Level

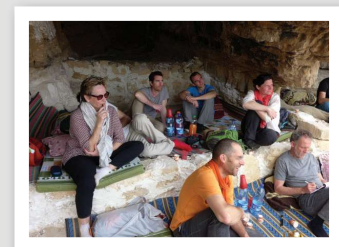


BEDOUIN SEA LEVEL TENT

Jamel Hamaden and his family welcome you in their special bedouin way where you enjoy staying under a bedouin tent as well as the quality of Bedouin food.


 0597011708


Khirbet El Mird



KHIRBET AL-MIRD GROTTO

grotto located along the way from Sea Level Bedouin Tent to the Khirbet al-Mird archaeological site. This grotto is covered by a big rock. Enjoy the desert landscapes while drinking a cup of tea and enjoying sleeping under the stars.

 (+970) 594211061

 +972542615470

Tel Al Qamar



TAL AL QAMAR GUEST HOUSE

Located in Dar Salah Village which contains two tents: each one accommodates up to 20 and a five-bedroom dormitory designed to fit the semi-desert environment and can accommodate up to 3 guests. It is surrounded by mountains giving it a very beautiful view. It is also used for star-gazing.

✉ alkarmel48@hotmail.com

☎ 568 903 502

Tuqu'

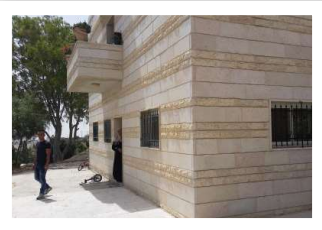


RABIEHA SABAH HOMESTAY

It contains a whole floor with a kitchen and a room

☎ 0)597827866

☎ +972597827866



ZAREEFAH SULEIMAN HOMESTAY

Share a daily life with a local family in a separated department – 2 rooms

☎ 0595177620

☎ +972595177620



MUSA AL-SHAER HOMESTAY offers you a full floor with three rooms, two 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

☎ +970) 599087068

☎ +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



SONIA KHDOUR

Share a daily life of a local family in this guest house which contains a room for you.


 +970) 599276614

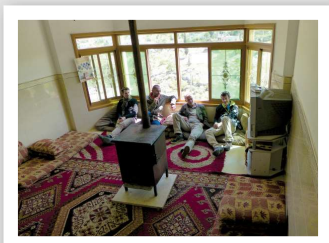
 +970599276614



Wafa MANASRAH


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 house has a room with two beds and a bathroom for guests.


 0598246358

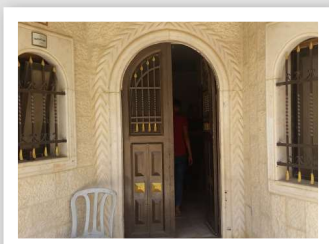


MOHAMAD ZEIDAT

Share a daily life of a local family in this guest house which contains a room for you with Wi-Fi and a garden.


 (0)597149600


 +972597149600

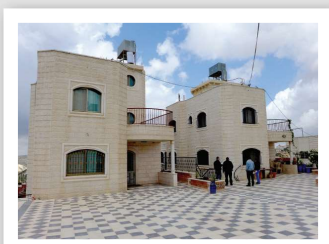


ALIA MANASRAH

Share a daily life of a local family in this guest house which contains a room for you.


 (+970) 597454335


 +972597454335




MANAR MANASRAH

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

 manarmanasrh@yahoo.com

 +970 599 291 798 or +970 597 363

 +972599291798



SHOROUQ KHDOUR

The homestay has two rooms, four beds and a private bathroom for visitors with two outdoor seatings, one under the trees and the other overlooking the main street.

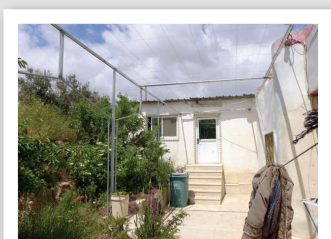
+970) 598648725



MAHMOUD HJOUJ

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

(+970) 599599989

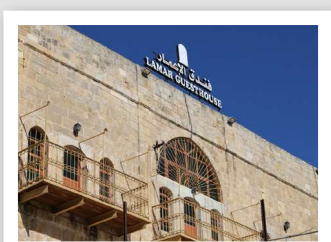


FERIAL MANASRAH

Share a daily life of a local family in this house that contains two rooms, 5 beds, a shower and a separate bathroom for visitors.

(+970) 599286936

Hebron

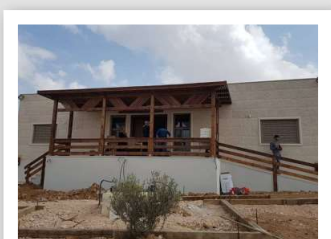


AL MATAL GUESTHOUSE (DURA)

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

599838371

+970595961592



HOSH AL- SABBAR GUESTHOUSE

Kamal Jabareen

599292560

+972599292560



Local guides



Nedal Sawalmeh

MOHAMMED ATTARI

Workplace: Zaboba and Jenin



0597437949



hike-jenin@hotmail.com



English and Arabic

ANWAR DAWABSHA

Workplace: Duma and the North



0599136831



anwar_hamad2000@yahoo.com



English and Arabic

ZAID AZHARI

Workplace: Sabastiya-Nablus



0599789631



zaid-a@hotmail.com



English and Arabic

GEORGE GICAMAN

Workplace: Bethlehem



0598448822



georgio_gacaman@hotmail.com



English, Arabic, Italian and

French(basics)

IBRAHIM MASHALAH

Workplace: Bethlehem



0598955748



moa_bethlehem@yahoo.com



English and Arabic

JOHN ATICK

Workplace: Bethlehem



0569804080



wildpalestine@gmail.com



English and Arabic

MAJDI SHILLEH

Workplace: Nablus



0599846385



majshella@yahoo.com



English and Arabic

MOHAMMAD AL-QURNA

Workplace: Bethlehem



0599588849



alqornah31@yahoo.com



English and Arabic

ALAA HAMMOUZ

Workplace: Nablus



0599392397



palestinebiketrial@gmail.com



English and Arabic

NASER KAABNEH

Workplace: Jerusalem Desert



0595862711



nasermk9@gmail.com



English and Arabic



John Atick



Ibrahim Mashalah






Nidal Rishmawi



Mohammed Atari




NIDAL RISHMAWI

Workplace: Jericho, Bethlehem, Hebron

 0598951013
 abusimon14@hotmail.com
 English and Arabic




NIDAL SAWALMEH

Workplace: Tubas - Nablus

 0598222466
 tawbah2002@yahoo.com
 English and Arabic




RIZIQ GHAYADA

Workplace: Bethlehem

 0568640522
 riziq4ever@hotmail.com
 English and Arabic




USAMA ALZOUGHBI

Workplace: Bethlehem

 0592058668
 uzoughbi@gmail.com
 Arabic and English




SAID HIJJIH

Workplace: Jenin

 0598222466
 tawbah2002@yahoo.com
 English and Arabic

JAMEEL HAMADEEN

Workplace: Jericho

 +970 (0)597011708
 saharipalestine@gmail.com
 English and Arabic






Shatha Alaan



Ayat Dardoun




AZMI SALMAN

Workplace: Nablus

-  0592949918
-  azzmmii@yahoo.com
-  English and Arabic




SHOROUK MANASSRA

Workplace: Hebron

-  0595896242
-  manassrashorouk@gmail.com
-  English and Arabic




AYAT DARDOUN

Workplace: Hebron

-  0592219030
-  dardunayat14@gmail.com
-  Arabic and English

WI'AM AL-MASALHA

Workplace: Bethlehem

-  0568125526
-  wiam.dakrat@gmail.com
-  English and Arabic

ESPERANSA HANANIA QUMSIEH

Workplace: Bethlehem

-  0597250555
-  esperansaqumsieh@hotmail.com
-  English and Arabic



Jameel Hamadeen



Shorouk Manassra

Local partner tour operators

AEOLUS TOURS - city: Jerusalem

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



ATG - city: Beit Sahour

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



DAKKAK TOURS - city: Jerusalem

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



DIWAN VOYAGE - city: Ramallah

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



EAST WIND TOURS - city: Beit Sahour

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



GLORIA TOURS AND TRAVEL - city: Beit Sahour

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



GOLDEN GATE TOURS AND TRAVEL - city: Bethlehem

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



GUIDING STAR LTD - city: Jerusalem

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



HLA TOURS - city: Bethlehem

contact : Benabdelhak Mohammed
+970 2 275 5320
travel_pal_@hotmail.com
www.hla-tours.net/fr



KAYED TOURS AND TRAVEL - ville :

Nablus

contact : Latifa Kaye
+970 9 238 3455
kayedtours2011@gmail.com



SIRAJ - city: Beit Sahour

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



UNIVERSAL TOURS - city: Jerusalem - contact : Margo Tarazi

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



Market in Jenin

Hiking Days



Bike tour in Jericho

Some ideas

Hiking Sunrise in Rashayida
Trekking in Rashayida with cultural evening
Full moon hike in the desert
Sunset at Sea Level
Bike City Tour Jericho
Nebi Musa in Jericho
Nebi Musa in Mar Saba
Bethlehem to Tuqu'
Tuqu' in Rashayida
Rashayida in Bani Naim
Bani Naim in Hebron

Price

FROM 30 € ACCORDING TO
THE SERVICE

Includes according to the
benefit:

- transport: from Beit Sahour,
Bethlehem
or Jerusalem and back
- the meal (s): lunch, dinner
and / or breakfast according
to hikes
- accommodation: in the case
of overnight hikes
- bike rental: for the bike tour
- an experienced local guide

Contact

Tour operator partner of the
program, Siraj, in Beit Sahour
www.walkpalestine.com
+972 2 274 8590
michel@sirajcenter.org



Hiking South Hebron



Hike between Nebi Musa and Jericho

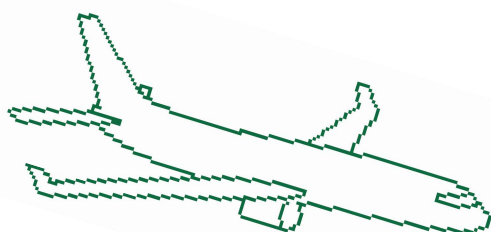
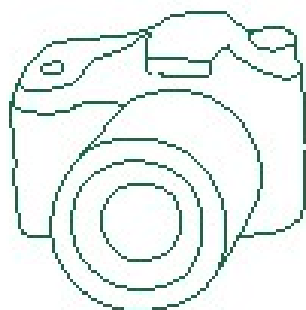
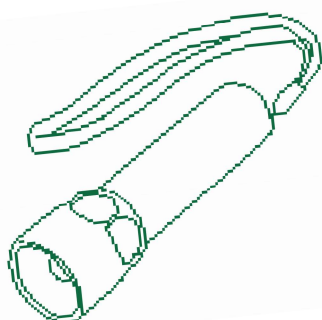
Useful information

Country code - Palestine

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

To take away

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 area.
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



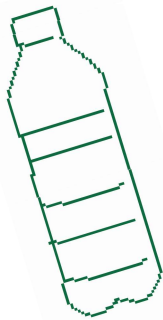
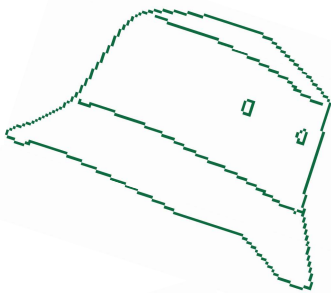
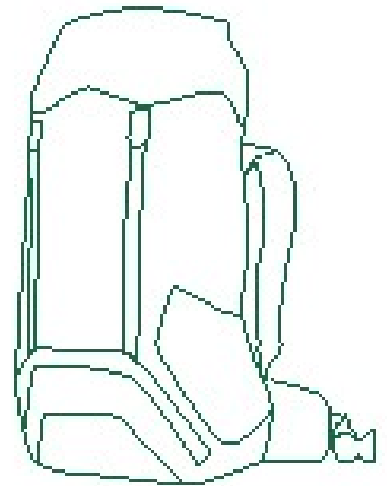
Arrival

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 have to arrange other ways to reach and pass the checkpoints, roads and other costs. Tourism operators and institutions can give advice on necessity.

Luggage

Luggage's transfer can be arranged from one stage to another to provide hikers the opportunity not to be overcome by taking all the bags with them 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% from your weight.



Weather

Palestine has a Mediterranean climate with hot summer, cold winter and cool fall and spring. Temperature may reach up to 40 ° per day and may be cold in the mountainous and desert areas also 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 Spring time along the Trail. at the end of Autumn, parents go out to pick olives (Olive Harvest), and people there may invite you to drink a cup of tea with them. 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.

Land

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

Every family has bed sheets and pillows and blankets, and you can bring your clean 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, cheese, labnah, Za'tar, Homos, and olive. Dinner consists of a traditional Palestinian meal, usually consists of rice and chicken or meat. Tours include snacks consisting of bread and cheese as well as salads.

The majority of 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.

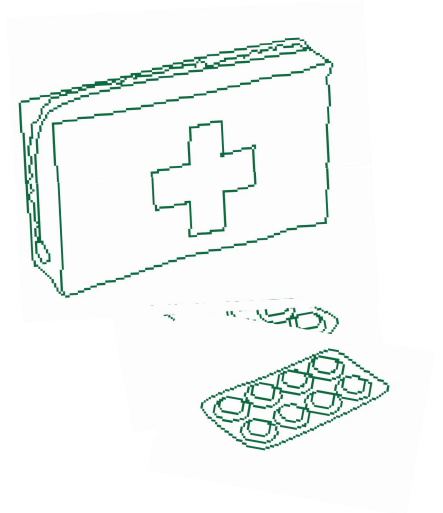
Hospitality

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 welcoming along Masar.



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)



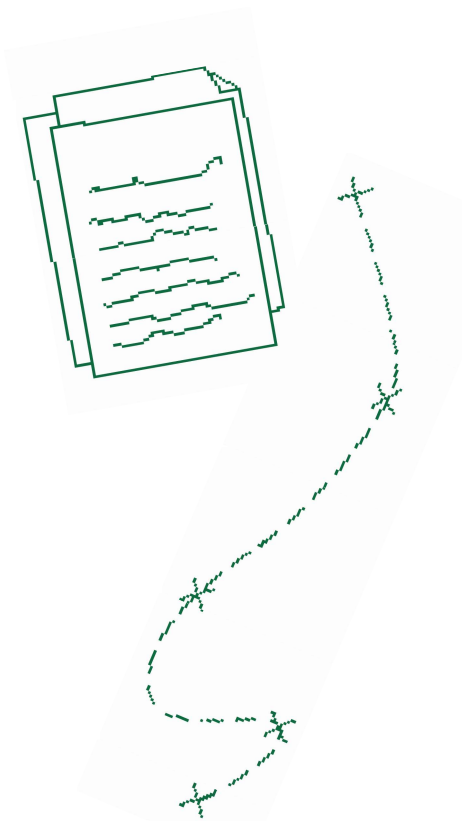
Insurance

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

Create your own adventure

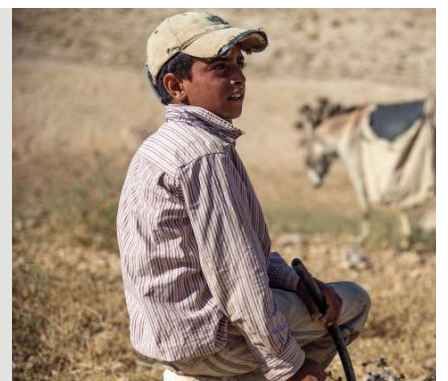
there are many places to visit in Palestine in which local tourism operators can offer trips besides hiking for longer days in the region.

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 distance may not be appropriate for children below 12. Therefore, tours will be for youth who are willing to go for adventures and willing to experience local food. Walking along Trailwill be a chance for youth and children in this age.





“ There is something important for every hiker to know: Every step that is taken along the Trail pushes hikers backwards to their childhood stories; an amount of 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 association Palestian Heritage

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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 Duqqa). 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.

