



Travel tips for the HOOD TO COAST / BIBLE REVIVAL RELAY RACE

Israel Connection is your travel advisor for your visit to Israel in September 2017 as you participate in the Hood to Coast / Bible Revival Relay Race. We are happy to work with you and anyone else in your party who wants to plan activities during your time in Israel.

The Run will take you through fascinating historical sites around Israel, and you will have opportunities to learn about these places and enjoy themed activities along the route. If you have signed up for the Extended Package, we will be taking you to visit the Old City of Jerusalem and the mountain of Masada. In addition, you may be interested in visiting one or more of these additional attractions on your free day or before or after the Run:

TOP 5 SITES IN ISRAEL

1. Tel Aviv Beach Promenade
2. Old City of Jerusalem
3. Haifa Bahai Gardens
4. Bethlehem Church of the Nativity
5. Sea of Galilee

TOP 5 ISRAELI FOODS FOR RUNNERS!

Nutrition and energy are important for runners, and there are many great restaurants where you can 'refuel' during your visit! Here are five energy-giving Israeli foods that you might find helpful:

1. Hummus – a healthy dip made from chickpeas, sesame seed paste and olive oil
2. Felafel – lightly fried balls of chopped chickpeas, sometimes available in different flavors
3. Israeli Salad – chopped tomatoes, cucumbers and peppers, flavored with lemon juice and olive oil.
4. Pitta Bread – traditional circular flat bread pockets, best eaten fresh from the oven with hummus and olive oil, or filled with Felafel and Israeli Salad.
5. Chicken Soup – traditional Jewish 'penicillin' broth, for days when you need extra vitamins and love!

RECOMMENDED ACTIVITIES FOR ATHLETES

As an active person, you might be interested in some of these additional activities:

- Segway Tours around Jerusalem.
- Walking Tours around Tel Aviv – choose between the Graffiti Tour and the White City Bauhaus architecture tour
- Tasting Tour of the Machane Yehuda food market in Jerusalem, to try local delicacies and fresh produce
- Omega Zip-Line – the longest zip line in the Middle East is located in Gush Etzion, just south of Jerusalem
- Hiking in Ein Gedi National Park and floating in the Dead Sea.

HOT TIPS FOR RUNNERS

The weather in Israel in September is likely to be hot – expect temperatures of between 25-35 °C (77 - 86 °F) during the day, cooling down dramatically at night in some areas.

Here are some tips from regular runners in Israel:

- Wear light-colored, loose-fitting clothing that wicks away sweat and dries quickly.
- Wrap a wet bandana around the back of your neck and wet this as it dries.
- Wear a peaked cap or hat to keep the sun off your face and head.
- Spread high-SPF sun-block liberally on your nose, cheeks, shoulders and other exposed skin.
- Drink lots of water, adding salts and sugar supplements if needed.
- Bring warm clothes for the evening so that your body does not cool too quickly after your run.

WHAT YOU WILL NEED IN ISRAEL

- European adaptors for your electrical devices. The current in Israel is 220 V so check that your appliances are suitable before you plug them in.
- Cell phone SIM card for Israel, or roaming package from your local phone company, although free WIFI is widely available in Israel so you can use WhatsApp, Skype etc. even if you don't have phone coverage.
- Health Insurance information – in case you need medical assistance during your visit.

**TALK TO ISRAEL CONNECTION ABOUT GETTING HELP WITH YOUR EXTRA TOURING AND ACCOMMODATION SERVICES BEFORE AND AFTER THE RACE. CONTACT US DIRECTLY AT:
MICHELLE@MYISRAELCONNECTION.COM**

