

Nashville CommUNITY Trip: Israel 2018

ALL TRACK ITINERARY

As of 2/28/18 subject to change

Day #1: Monday, October 15, 2018

Welcome To Israel!

Begin the program with an opening event from **Independence Hall**, featuring **David Ben Gurion's grandson Alon Ben Gurion, who can speak about "Reflections of my Grandfather."**

Welcome Dinner in Tel Aviv at Beit Andromeda with Guest Speaker: US Ambassador to Israel: David Melech Friedman

Overnight: Tel Aviv

Day #2: Tuesday, October 16, 2018

TRACK DAY 1& 2 North and South

TRACK 1 SOUTH Hi Tech, Art, Culture and Culinary

Behind the scenes tour at the **Tel Aviv Museum of Art**: A rich collection of modern and old paintings is represented by works of Israeli and foreign artists. Impressionism and Post-Impressionism, the Mizne-Blumental Collection of 20th century Modern masters. Works of Cezanne, Chagall, Dali, Monet and others are among the many works represented in the collection.

Drive South to Mizpe Ramon. Stopping in Sde Boker - The kibbutz of **Sde Boker** is famous as the home of David Ben Gurion, Israel's first Prime Minister whose home is now a museum open to the public, and is the feature of a number of supporting exhibits in the kibbutz. Sde Boker is located in the center of the Negev Desert in southern Israel, a community founded in 1952 by a number of pioneering families who were later joined by Ben Gurion after an interesting encounter. Today, visitors from around the world visit to learn about the life of Israel's iconic leader.

Hotel Check In / Dinner at the Hotel

Star Gazing – Enjoy an evening tour of the stars! At the edge of the crater, you will participate in a star tour with Ira the Starman! See the night sky like never before! Bundle up!

TRACK 2 SOUTH History and First Timer Experiences

The Old Port City of Jaffa, just south of Tel Aviv offers a beautiful panoramic view of Tel Aviv and a sense of the first Jewish city of the modern era, established in 1909. As one of the oldest port cities in the world, you can visit the ancient ruins and walk along the Artist's Quarter. The history of Jaffa is a long one. As of the world's oldest ports, Jaffa is thought to have been the port from which Jonah left in the story of the Whale! The port continued to be important through history, and served as the main entry point to the land of Israel through until the late 19th century when Jews from around the world began to return to Israel. It was through Jaffa that they entered the country and in Jaffa that many initially settled.

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TRACK 3 SOUTH Politics, Security & Current Events

Visit Hevron which includes a visit to Marat Hamachpelah, the Cave of the Patriarchs. The city's history is one of the most complex and ancient. Ever since Abraham purchased the Cave of Machpelah to bury his beloved Sarah, Hevron has been a site of pilgrimage and a place of prayer. With over 4000 years of rich history, a tour of Hevron's neighborhoods reveals stories of self-sacrifice and devotion along with tragedy and despair. Whatever your political persuasion, a visit to Hevron is sure to engender lively discussion and a deeper understanding of the strong attachment of the People to this "Holy City".

Visit the **Roots Tent**. A unique network of local Palestinians and Israelis who have come to see each other as the partners we both need to make changes to end our conflict. Based on a mutual recognition of each People's connection to the Land, we are developing understanding and solidarity despite our ideological differences. Roots is a place where local peoples can take responsibility. Our work is aimed at challenging the assumptions our communities hold about each other, building trust and creating a new discourse around the conflict in our respective societies. This is a grassroots and local model for making change — from the bottom up.

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TRACKS 1, 2, and 3 Overnight: Ramon Inn

TRACK 4 North The Dynamic Israel: Trail for Adventure Lovers

Drive north to begin your adventure for the day!

RAPPELLING AND ROCK CLIMBING AT MAKTZEVOT KEDUMIM (Full-Day)

This site is located in an ancient quarry located in **Carmel Nature Reserve National Park**, an area often called "little Switzerland" due to the lush greenery and beautiful landscape. This gorgeous adventure starts with rappelling down the cliff with a panoramic view of the Carmel Mountains. Here we introduce top rope rock climbing.

There are rock climbing routes for every level of climber. Afterward we take a short hike back to where we started, all the while enjoying the truly stunning panoramic view. All the rope activities are optional. No experience is necessary.

Overnight: Hadera

TRACK 5 NORTH Hands On Israel

Early departure for Hadera-Eiron and spend the day in the Partnership Region.

Options include:

- Children of the Dream: sports and education for Ethiopian immigrant children in Hadera (JAFI)
- Visit with Students (P2G)
- Technology in the Classroom(P2G)
- MAKSAM -Hadera

TRACK 6 NORTH LEISURE

Drive to **the Tishbi Winery for wine and chocolate tasting, and late lunch.** A new and exciting Visitors Center at Tishbi Winery – offering quality **gourmet chocolate and wine tasting.** The connection between chocolate and wine begins with nature: the mutual source of both of these products brings them together in perfect harmony. Your taste buds will continue on this adventure for lunch at the winery.

Continue to the Hotel

TRACKS 4, 5, and 6 will attend hosted Dinners in the Region by Topics: experience home hospitality in small groups in Israel and engage in meaningful conversations between your Israeli hosts involved with Partnership2gether and you.

TRACKS 4, 5 and 6 Overnight: Hadera

Day #3: Wednesday, October 17, 2018

TRACK 1 SOUTH Hi Tech, Art, Culture and Culinary

Mizpe Ramon Visitors Center

The Mizpe Ramon Visitor Center, is set on the northern cliffs of the Ramon Crater, and tells the geological story behind this unique and amazing work of nature. The Ramon Crater is the world's largest makhtesh, and whilst rumor often states that it was created by a collision with an asteroid from space, it was in reality created by water erosion. The Mizpe Ramon Visitor Center offers interactive exhibits explaining the natural processes which led to the creation of the makhtesh (which is over 40km long at its widest point). It also offers interesting information about the plant and animal life who live in what might be assumed to be a barren and inhospitable region. Aside from the makhtesh, the Mizpe Ramon Visitor Center also serves as a [museum and memorial for Ilan Ramon](#), Israel's first astronaut who died in 2003 when the Shuttle Columbia disintegrated when re-entering the earth's atmosphere.

Take a short drive north, and visit the **Israel and the Agricultural Research Station of Ramat Negev.** This unique **agricultural research station** in the **Ramat Negev** region that is working together with the farmers from the region to develop strains of crops best suited to the Negev's climate, water resources, and soil conditions, and test new techniques from growth. The tour includes an exciting movie describing the relationship between the development center and the farmers, a spectacular view, a visit to the greenhouses, seeing different crops and the experiments performed on them, and the unique varieties of plants developed by the R & D center and learning about the thriving agriculture, against all odds in extreme desert conditions, using saline water and sandy soils. In addition, option (based on availability) to meet the pollinating bumble bees and hear about the work of the agronomist and farmer. And finally, enjoy a special taste of the seasonal vegetables developed in the center: sweet cherry tomatoes, peppers, cucumbers and more.

Drive to Jerusalem

TRACK 2 SOUTH History and First Timer Experiences

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Depart for Masada. Ascend the legendary mountaintop plateau of Masada by cable car to the ancient synagogue of Masada and explore the ancient fortress. Here, was the last stronghold of the Jewish Zealots in their struggle against the Romans. The Zealots held out for three years against the legions of Flavius Silva and chose to die as free men at their own hands rather than submit to Roman slavery. From the top of Masada, the outlines of the Roman encampments are still visible below. Descend by cable car.

Lunch and Swim at the Herods Dead Sea Spa Hotel

TRACK 3 SOUTH Politics, Security & Current Events

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Drive to Ben Gurion University in Sde Boker, for a visit to the **Zuckerberg Institute for Water Research**. Dwindling water supply and quality impede the sustainable development of drylands and the well-being of their growing populations. Here, scientists are developing technologies for advancing water supply in Israel and other arid regions, and for preventing pollution and degradation of aquifers and soil. They are improving water resource management and developing new natural and recycled resources. Particular emphasis is placed on developing high-tech, affordable methodologies for desalination and wastewater treatment.

(option/time depending/based on availability) Visit an **Army Base** in the region.

TRACKS 4, 5 and 6

Morning Time for Partnership2Gether Activities:

Israel Partnership (also known as Partnership2Gether) connects regions in Israel with specific Jewish communities outside of Israel. Established by the Jewish Agency for Israel (JAFI) in 1995, over 500 Diaspora communities have been matched with forty-five regions in Israel to bring Jewish people closer together as equal partners on joint projects and activities.

In Nashville, Partnership2gethertthrough the Jewish Federation of Nashville seeks to create people to people connections with the Jewish members of our community and the Jewish members of our partnered communities in the Southeast Consortium and in Hadera-Eiron, Israel. We have joined together with other communities in the Southeast United States including Charlotte, Jacksonville, Knoxville, Chattanooga, Richmond, Pinellas, Volusia County and Fort Myers to create the Southeast Consortium.

Israel Partnership is committed to creating meaningful, lifelong bonds between Israelis and Diaspora Jews. We organize and offer programs for members of all different ages in our community to have the opportunity to learn and interact with Israelis both here and in Israel. Our programs include teen summer travel and host exchanges, educator exchanges, physician and firefighter exchanges and partnered classrooms in our local Jewish schools. These connections deepen Jewish identity and strengthen our resilience as a people by demonstrating that Jews everywhere are part of the same family and are responsible for each other.

Experience Partnership2Gether in Israel in the Morning together before dividing into tracks in the afternoon.

AFTERNOON

TRACK 4 NORTH The Dynamic Israel: Trail for Adventure Lovers

Afternoon Hike the Carmel Forest

Hike to the Sefunim bat caves, up to the top of the ridge, and down along the Megadim cliff face. The Sefunim Stream is perfect for all levels of hikers. The route is circular and passes through the green grove of Carmeli. The highlight, except for the spectacular view that awaits after a not too difficult climb, is of course the Sefunim Cave – where the more you enter, the more you hear the bats! The caves also have large stalagmite structures. After exiting the cave, you will continue along the trail to Megedim Cliff, which offers an overlook of the Mediterranean Sea.

TRACK 5 NORTH Hands On Israel

Continue to Jerusalem and spend the afternoon with **Youth Futures**. **Youth Futures is a Jewish Agency flagship program** that provides community-based mentoring for at-risk pre-teens and adolescents in Israel. Trained mentors work as trusted guides to help students improve school performance, strengthen social integration, and inspire engagement with the community.

The Mentors also connect youth, families, and communities with the services and local resources to help them overcome barriers to success. **Meet with the mentors and hear about their experiences with at-risk children and how it has impacted their lives.**

TRACK 6 NORTH LEISURE

After a leisurely breakfast, drive to Jerusalem. Spend the afternoon exploring Jerusalem.

ALL: Welcome to Jerusalem! Shehechiyanu from the Haas Promenade including drummers, shofar and challah in the shape of Nashville (or similar)!

Welcome to Jerusalem Dinner at the Blaustein Hall. The hall is located on the building's roof and represents a unique architectural work. It is covered by a large glass dome with a panoramic window offering a spectacular view of the historic and moving scenery of Jerusalem's Old City with the Jaffa Gate and the Tower of David at its center. The hall's extraordinary glass ceiling is of varying height and reaches up to 12 meters. **Hear from Nir Barkat, the Mayor of Jerusalem** (Option to invite lone soldiers to join for dinner)

ALL: Overnight: Jerusalem

Day #4: Thursday, October 18, 2018

Track Day 3

TRACK 1 Hi Tech, Art, Culture and Culinary

Visit Mobileye. **Mobileye an Intel Company** is an Israeli technology company that develops vision-based advanced driver-assistance systems providing warnings for collision prevention and mitigation.

A developer of cutting-edge autonomous driving technologies – including pedestrian detection, collision warning systems, and others – Mobileye is now considered the leader in advanced driver assistance systems aimed to prevent road collisions. A Jerusalem-based company that was founded in 1999 by Prof. Amnon Shashua, a researcher at the Hebrew University, and entrepreneur Ziv Aviram, Mobileye has already partnered with several leading auto makers such as General Motors and Volvo, BMW and Volkswagen.

BiteMojo for lunch in Machane Yehuda Market. BiteMojo takes you on a self-guided culinary tour, taking the user on a journey through the community's history, identifying key points of interest along the route to the tasty bites of local cuisine.

Visit to Beit Susan, Susan's House is a warm, welcoming place for at-risk teens. These teens, many from the street, are taught to create beautiful glass work, ceramics & jewelry. They are guided by a dedicated staff. Through this process they are able to develop a sense of self-worth and learn the life skills needed to find their place in society. Come visit Susan's House in Jerusalem and you will be amazed at the beautiful pieces that our talented teens have produced. Help support these teens find their path through artistic expression and learning skills that can empower them towards a rewarding and successful future. Your participation will help fuel the ongoing goals of Susan's House.

TRACK 2 History and First Timer Experiences

Spend the morning in the Old City touring Jewish and Christian Sites, including:

- Walk through the **Armenian and Jewish quarters** to the recently excavated and restored **Cardo**, the Roman road.
- Spend a few minutes at the **Western Wall** (optional: Western Wall Tunnels)
- Continue to the **Christian quarter - walk along the Via Dolorosa and visit the Church of Holy Sepulchre.**

(optional/time depending) The **City of David** houses the newest and most exciting excavations of Jerusalem during the time of the first Temple period. Here we'll also walk through Hezekiah's Tunnel which still flows with water.

Spend some time in Machane Yehuda Market.

This bustling Jerusalem marketplace and neighborhood, incorporates food, drink, shopping, bars, and restaurants. The market is an exciting venue to experience the colors, aromas and flavors of Israeli food and more!

BiteMojo for lunch in Machane Yehuda Market. BiteMojo takes you on a self-guided culinary tour, taking the user on a journey through the community's history, identifying key points of interest along the route to the tasty bites of local cuisine.

At the **Israel Museum**, see the Dead Sea Scrolls and view the Model of Jerusalem, as it used to look in the 2nd Temple period. Enjoy some time in the museum as well.

TRACK 3 Politics, Security & Current Events

Start the day with a **tour along the Seam Line with Col. (Ret) Danny Tirza**, the planner of the security fence between Israel and the West Bank. The reunification of Jerusalem in 1967 prompted the government to create a "security belt" of civilian neighborhoods.

BiteMojo for lunch in Machane Yehuda Market. BiteMojo takes you on a self-guided culinary tour, taking the user on a journey through the community's history, identifying key points of interest along the route to the tasty bites of local cuisine.

Enter the Old City and visit Mabat 2000. Braided between the oldest sites in history is one of the most modern security systems on Earth – "Mabat 2000" – a complex network of visible surveillance cameras in Jerusalem's Old City, established at the turn of the century. The cameras can be maneuvered 360 degrees to follow and track movements – and range from the aerial view of a parking lot to the searing detail of a single license plate. "Mabat" is an acronym in Hebrew that stands for "technological surveillance center," as well as a word which means "look."

TRACK 4 The Dynamic Israel: Trail for Adventure Lovers

Tomcars and Lunch in Kfar Adumim. An enchanting trip to the heart of the desert, combining a challenging journey through vases and breathtaking views. After a reception, cold drinks, coffee, tea, the participants will undergo a safety briefing and driving procedures in the field of a short driving test and will set out. We will continue on a journey through a beautiful river to the "cave" (from an ancient treasure).

On the way we will pass historical sites from the Crusader period to the Six-Day War. We leave the ravine and start climbing to one of the breathtaking observations of the northern Judean Desert. **Enjoy lunch on site.**

Segway Tour in City of David. The City of David invites you to experience the hidden treasure of the lesser known yet magnificently beautiful paths opposite the Armon Hanatziv Promenade under the canopy of trees in the Peace Forest. Our Segway tour offers guests a nature experience in the heart of a sprawling city. Enjoy the breathtaking views and peaceful atmosphere of Armon Hanatziv's landscape with Ancient Jerusalem unfolding to the north and the City of David standing at its center. We will set out from the Peace Forest to the Hass Promenade, and continue to the Goldman Promenade. We will be enchanted by an impressive view to the east toward the Judean Desert from the Goldman panorama, and then travel west to the Sherover Promenade.

Spend some time in Machane Yehuda Market. This bustling Jerusalem marketplace and neighborhood, incorporates food, drink, shopping, bars, and restaurants. The market is an exciting venue to experience the colors, aromas and flavors of Israeli food and more!

TRACK 5 Hands On Israel

Spend the morning turning your interests into actions by **volunteering** with an organization: ?????

Tours of **the Jewish Agency for Israel** and **American Jewish Joint Distribution Committee Campuses** and delving into what this international organizations mean to the Jewish people.

BiteMojo for lunch in Machane Yehuda Market. BiteMojo takes you on a self-guided culinary tour, taking the user on a journey through the community's history, identifying key points of interest along the route to the tasty bites of local cuisine.

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TRACK 6 LEISURE

Private Shopping Tour in Machane Yehuda Market (with tastings along the way)

Afternoon on own or with general touring options:

- Old City Touring
- Machane Yehuda Market
- Yemin Moshe
- Israel Museum

ALL: Overnight: Jerusalem

Day #5: Friday, October 19, 2018

Morning Pluralism Panel with the following guests:

- **Anat Hoffman** is an Israeli activist and serves as Executive Director of the **Israel Religious Action Center**, also known as IRAC. She is the director and founding member of Neshot HaKotel, also known as **Women of the Wall**.
- **Malka Puterkovsky** is a religious Israeli public figure, activist for women's rights, a teacher and educator, one of the leaders in Torah study for women. She has been a student and teacher of Talmud and Jewish law for over thirty years and has been involved in Talmud teaching training programs as well as writing the curricula for the Ministry of Education.
- **Adina Bar-Shalom** is an Israeli educator, columnist, and social activist. She is the founder of the first college for Haredi students in Jerusalem, and has spent years working to overcome gender discrimination in the Orthodox Jewish community. She was awarded the Israel Prize for lifetime achievement and special contribution to society in 2014. She is a daughter of Ovadia Ben Yosef.

Afternoon Options:

- **Visit Yad Vashem** and experience the museum from a variety of perspectives. Hear from a **survivor**, learn from a **docent**, **read the stories** that are carried throughout the museum, and visit the **Children's Memorial of Lights**. Stroll along the path of the **Righteous Gentiles** who saved many over the years.
- **Visit the Herzl Museum**. One of the Center's underlying principles is creating a bridge between past and present, which will promote Herzl's legacy and his Zionist vision among the younger generation, in order to ensure a Jewish future with values, vision and imagination. The new Herzl Museum is a unique educational center that offers a hands-on encounter with the Zionist Movement and its founder, Binyamin Ze'ev (Theodor) Herzl. The design of the Museum is young and modern, and it describes Herzl as a person and a leader, using contemporary language and spectacular audio-visual technology.
- The Museum is located at the entrance to **Mt. Herzl**, and visits there can be combined with guided tours to the Leaders of the Nation Cemetery, the Military Cemetery, and other national sites.
- **Afternoon on Own to enjoy Jerusalem**

Friday Night Shabbat Dinner at the Hotel as a CommUNITY.

Overnight: Jerusalem

Day #6: Saturday, October 20, 2018

SHABBAT SHALOM

Spend the morning relaxing (synagogue options to be provided)

Optional Afternoon Walking Tours in Jerusalem:

- **Yemin Moshe** is a beautiful neighborhood of Jerusalem constructed of quaint stone buildings and built in the 1890's by Moses Montefiore in response to overcrowding within the walls of the Old City. The first set of houses were known as Mishkenot Shaananim, which were the first Jewish properties to be built outside the Old City. The neighborhood was expanded dramatically, and its landmark, the Montefiore Windmill was built with the intention of being a source of income for the residents. Today, the neighborhoods quaint alleyways are a popular place to stroll and explore.
- **Mishkenot Shaananim** was the first Jewish neighborhood to be built outside the Old City of Jerusalem. Built directly across from Mount Zion, above the Sultan's Pool, Mishkenot consisted of two long buildings. The upper building was designed to be the commercial and community center – housing a hospital for the poor of the city in light of a cholera epidemic, as well as two synagogues, workshops and a bakery. The lower building contained 28 one-and-a-half room apartments. The neighborhood wasn't especially popular as it

was perceived to be dangerous, however, the impact it has had on future development of Jerusalem and the establishment of Jerusalem as Israel's capital is unmeasurable.

- **Experience the Old City on Shabbat.** Walk through the alleyways of the Jewish Quarter and get a sense for what the Old City feels like on Shabbat.

After Shabbat, drive to Genesis Land for Hafla Farewell Dinner, Drum Circle and Campfire ...

Genesis Land is situated in the heart of the Judean desert, on the way to the Dead Sea, in the land where the Patriarchs lived. A magical place, it enables visitors to experience life as it was in biblical times. Visitors to Genesis Land are greeted by Eliezer, Abraham's manservant, and by a train of camels which lead you down to Abraham's tent, where you will experience his legendary hospitality.

Overnight: Tel Aviv

Day #7: Sunday, October 21

Track Day 4

TRACK 1 Hi Tech, Art, Culture and Culinary

“State of Mind” Innovation Center - Israel is widely known as the “start-up nation” and is recognized as a major player in the fields of innovation, R & D and entrepreneurship. The exciting and cutting-edge **Innovation Center**, built in partnership with the **Tel Aviv Stock Exchange**,” allows you to learn about the new advancements Israeli Start-Ups are making in different fields, such as science, medicine, security, space and more.

Enjoy coffee and baklava while visiting Maskit. Maskit is a luxury fashion house with a unique origin. Conceived in 1954 by Ruth Dayan, Maskit made contemporary luxury clothing utilizing traditional embroidery techniques from Hungarian, Yemenite, Bulgarian, Bedouin, Palestinian, Druze, Lebanese and Jewish artisans.

The resulting works of art created more than jobs for immigrants; a brand was born. Maskit wasn't just any brand, though: its designs were so luxurious that they were treasured by leading ladies (Audrey Hepburn was just one star who wore its famous desert coat) and their fashion-forward followers alike.

Enjoy lunch in the **Druze village of Dalyat El Carmel** and get a small taste of Galilean village life. You arrive to our host's house and prepare **one dish (grape leaves or similar)**. When the dish is ready, you eat what you've prepared, along with a selection of side dishes that your host cooked especially for you.

TRACK 2 History and First Timer Experiences

At **Independence Hall**, listen to an audio presentation including David Ben Gurion's moving Declaration of Independence establishing the State of Israel. This is where it all began!

Enjoy lunch on **Rothschild Boulevard** (on own), while learning a bit of the **history of the area**.

Rothschild Boulevard was one of the first streets to be built in the city of [Tel Aviv](#). Named originally as Rehov HaAm (the street of the people), it was renamed to reflect the generosity of Baron Edmond James de Rothschild of the French Rothschild banking dynasty. Interestingly, the street was not designed to be a boulevard, however draining the dry stream which ran along the middle posed too big a challenge, and it was decided that the street would be constructed on either side, forming the first of a number of boulevards which can be found in the city, and have come to characterize the city's image and architecture.

Visit the Rabin Museum - the Museum for the History of Society and Democracy in Israel at the Rabin Center. The Museum presents the story of the annals of Israeli society. Yitzhak Rabin's life story is interwoven in each and every milestone in the history of Israeli society. The historical presentation focuses on central events in the life of the State and the major trends which characterized its development as well as the changes it has undergone – its successes and failures, the internal relations within Israeli society and its relations with its surroundings. Yitzhak Rabin's life serves as a "connecting axis", both chronologically and thematically, between the different sections of the presentation

TRACK 3 Politics, Security & Current Events

Start the day at the Israel Intelligence Heritage & Commemoration Center (IICC). This nongovernmental (NGO) is dedicated to honoring the memory of the fallen of the Israeli Intelligence community through educational, research, commemoration and heritage-related programs. **Hear from a former intelligence officer that can speak about some of the ‘behind the scenes’ working of the agency.**

Lunch en route (on own)

Check Point is the granddaddy of cyber-security in Israel. Founded in 1993 and now Israel’s biggest tech firm, Check Point pioneered FireWall-1 and boasts all Fortune and Global 100 companies as customers for its award-winning ZoneAlarm solutions against hackers, spyware and identity theft. Its international headquarters is in Tel Aviv.

TRACK 4 The Dynamic Israel: Trail for Adventure Lovers

Krav Maga Workshop. Krav Maga is the most effective and realistic Self Defense System in the world, that teach how to defend yourself and your loved ones. Krav Maga teaches how to avoid, prevent, deter or deal with all types of violent confrontations. Krav Maga is simple and easy to learn, thus, it can be implemented in a short time to overcome stressful and dangerous street situation. **Train with Master Zev Cohen**, who has been Teaching Krav Maga since 1989 and has educated thousands of students in Israel.

HaYarkon Park is set on the outskirts of Tel Aviv. Beautifully tranquil, HaYarkon Park is to Tel Aviv, what Central Park is to New York. HaYarkon Park is the green lung of Tel Aviv and straddles the Yarkon River in the north of the city. In the eastern part of HaYarkon Park lie the **Rock Garden and the Tropical Garden**. The Rock Garden in HaYarkon Park is one of the largest of its kind in the world at 10 acres. Showcasing Israel’s geological diversity with poetic descriptions for the amazing rocks which are displayed, the rock garden also features over six acres of cacti, 3,500 species of plants, and some fantastic views across the HaYarkon Park’ lake.

The five-acre Tropical Garden in HaYarkon Park is home to a **rain forest-like micro-climate** with a **tiny lake home to swans, fish, and beautiful orchids and vines.**

Take an **electric (or regular) bike tour of Tel Aviv**. Tel Aviv is without a doubt the bike capital of Israel with its flat topographic layouts, dozens of kilometers of bike routes, and mostly comfortable climate during the year (over 300 of sunny days) – which makes the electric bike and city bike the perfect transportation vehicle. Riding along the beach, you’ll also go inland and stop by Rabin Square, ride along Rothschild Boulevard and more. Get your helmets ready!

TRACK 5 Hands On Israel

Spend the morning learning about the projects that the Jewish Federation of Nashville supports, through the **JAFI and JDC programming.**

Volunteer with LEKET, **Glean in the fields:** harvest fruits and vegetables in one of our fields. The activity takes place at Moshav Nahalal Fields in northern Israel or at our fields near Rechovot in central Israel

Sort & Pack Produce: prepare rescued fruits and vegetables in Raanana Logistics Center for distribution to our non-profit partners

Early Dinner / Shuk and Cook, Carmel Market

The best way to bring Israeli food home with you is to learn some of the tricks of the trade. We begin at the **Carmel Market** to shop amidst the spice sacks and fresh fruit stalls, learning about the key fresh and dried ingredients critical for Israeli cooking. After filling our baskets with treats from the market (and a few tastings), we will return to our kitchen studio (~12-15 minute walk), unload our groceries and prepare a meal to remember with a menu based on Israeli cuisine’s diverse ethnic influences. Participants will receive a copy of the recipes.

TRACK 6 LEISURE

(optional) Enjoy Yoga on the Beach or a stroll along the Boardwalk in Tel Aviv

Shuk and Cook, Carmel Market

The best way to bring Israeli food home with you is to learn some of the tricks of the trade. We begin at the **Carmel Market** to shop amidst the spice sacks and fresh fruit stalls, learning about the key fresh and dried ingredients critical for Israeli cooking. After filling our baskets with treats from the market (and a few tastings), we will return to our kitchen studio (~12-15 minute walk), unload our groceries and prepare a meal to remember with a menu based on Israeli cuisine's diverse ethnic influences. Participants will receive a copy of the recipes.

All Tracks will meet at Hotel to transfer to the airport.

L'Hitraot. See you again in Israel, soon. Sooner in Nashville.