

12 Great “Bar Mitzvah” Hikes

#1 Hirbet Itab

Jerusalem area. Park at Bar B'Har near Bar Giora. Loop. 3.5 hours. Mostly flat. Passes a ruin (the “hirbet”) and some vineyards but otherwise kind of boring.

#2 Har Shokef

Carmel area. Start at the parking lot near Beit Oren off of Road 721, the site of the fire. Loop. 3.5 hours. Flat to start, climb to top of mountain and climb back down. 4 hours. All burned down now.

#3 Nahal Katlav

Jerusalem area. Park at Bar B'Har near Nes Harim. Loop. 4 hours. Steep descent, then flat and wooded along the river bed (“nahal”) before a steep ascent. Passes by ruins, the Jerusalem-Tel Aviv train and old Bar Giora station.

#4 Neve Ilan

Jerusalem area. Park at the new event hall at Neve Ilan off Highway 1. Loop. 4 hours. Gradual descent, very steep ascent. Similar scenery to Nahal Katlav.

#5 Nahal Galim

Carmel area. On the road to Haifa University, follow the signs to Little Switzerland. Almost a loop (walk 20 mins on the paved road at the end to get back to the car). 4 hours. Steep descent and ascent on rocks. Thorns in summer. Great views of ocean.

#6 Burma Road

Jerusalem area. Park in eastern lot for Burma Road off Highway 38. A “sort of” loop - Must take a taxi or bus 2 stops on Highway 38 back to car. 4 hours. Long hike up to fabulous view (but no shade in summer), return via Marty's Forest (all down hill). Partially on Israel Trail.

#7 Nahal Og

On the road to the Dead Sea. Stark desert and canyon scenery. Not a loop - need 2 cars. 4 hours. Leave one on the road to Nabi Musa (near Kfar Adumim off Highway 1), the other at Kibbutz Almog Two options: hike east with steep ladders down; hike west and climb up the ladders (easier).

#8 Mitzpeh Misuah

Jerusalem area. Park at site of the former restaurant. Loop. 3.5 hours. Hike down hill through forest along Israel Trail. Hike back via a flat and somewhat boring jeep road. Can extend with roundtrip to ruins (??)

#9 Amram's Pillars

Eilat area. Off of Highway 1, 20 minutes north of Eilat. 4.5 hours. Not a loop - need two cars. Start at Amram's pillars, hike up mountain, then through gorgeous copper canyons. Can extend to Black Canyon (a steep climb up; tiring after a day of steep ups and downs). Partially on Israel Trail.

#10 Red Canyon

Eilat area. Off Highway 12, north of Eilat. 3 hours. Loop. Starts in canyon but then exits and most of hike is on mild hills and valleys. Parking area has ice cream truck and bathrooms. Expect “traffic jams” in narrow canyon during peak times.

#11 Park Rabin

Jerusalem area. Park in lot off of Highway 38 for “western” segment of the Burma Road. Loop. 4 hours. Very pretty forest walk, mostly flat on jeep trails. Partially on Israel Trail. A popular route with bikers (can rent at shop in the parking area).

#12 – Upper Nahal David

Dead Sea area. Park outside the Ein Gedi field school (not the youth hostel). Almost a loop – end up at Nahal David, must walk 20 minutes back up to car. 5 hours. Fabulous views of Dead Sea from the “chalon” (the “window”) rock formation. Steep ascent and descent.

For complete details, go to www.avivbarmitzvah.thisnormallife.com