

Next year we invite you to join us in covering one section of the hike and welcome you to join us next year for another section, aspiring to cover it all by 2021. **NEXT YEAR** our path will take us through the Negev Desert, in four days of hikes from Mitzpeh Ramon to Eilat. [Click here for the intro video, just updated with desert scenes that you will experience on the trip!](#)

discover israel differently

with



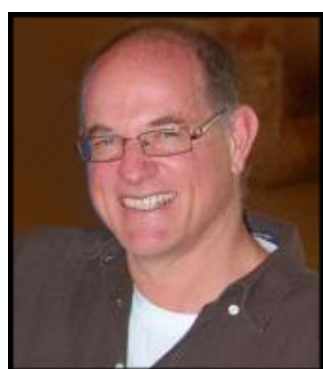
World's Best Hikes: Epic Trails

National Geographic

magazine named this trail as one of the “holy grails of hikes” and one of the [world's best hikes](#): Epic Trail of 1009 km hike crosses Israel from North to South. Beginning in Dan near the Lebanese border through to the resort town of Eilat on the Red Sea.

A truly great trail winds into the essence of a place, so when assembling this list of the world's great hikes we kept an eye on more than the footpath. We looked for walks that travel deeper into a location's history and culture. Sure, there's outdoor adventure on each of these 20 hikes, but the trails also tell a rich story.

One of these 20 trails is **SHVIL ISRAEL**
Israel National Trail (INT)



Ami Dotan

Tour leader Hebrew University's Alumna + scholar in residence



On the trail

Route markers appear as orange, blue + white



This hiking trip is suitable for healthy individuals.

Monday, March 5, to Sunday, March 11, 2018

March is the most glorious time to be in the desert

US\$1950 per person in a double room

\$300 single supplement

[ITINERARY PDF](#)

[MEDICAL FORM](#)

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Cost includes all land arrangements, travel, tour guide, hotels and food.

We will be joined by members of the association of the IDF unit 669 who visited Vancouver and Calgary this past summer.

Next year we invite you to join us in covering one section of the hike and welcome you to join us next year for another section, aspiring to cover it all by 2022.

NEXT YEAR our path will take us through the Negev Desert, in four days of hike from Mitzpeh Ramon to Eilat.

You must be asking yourselves: is this trail too difficult for me to accomplish? The answer is that everyone which is reasonably fit can do it. So yes. It is tough. We will have very steep up and down hills. Sometimes we will even need to do some rock scrambling and use an iron ladder and pegs here and there. But that is why the INT is so exciting. it is not an age issue, but rather reasonable fitness and determination. And if you are too tired in one of the days, then you skip the hike today.

Any funds raised will be used to support CFHU priority to fund a full undergraduate degree to students who served in the IDF.

Program subject to change.

This hiking trip is suitable for healthy individuals.

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[Canadian Friends of the Hebrew University of Jerusalem](#)

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