

## **GOOD WHEEL 2019 – Friday, March 29 – Thursday, April 4**

Ride days: Monday, April 1<sup>st</sup> – Thursday, April 4<sup>th</sup>

### **GENERAL INFORMATION, TENTATIVE ROUTES AND TOURING ALTERNATIVES\***

\* Subject to changes, adaptations and police approval

#### **General Information**

This year's ride will take place in the North of Israel with an emphasis on the Western Galilee and northern Mediterranean shores, combining an approximate 180-mile ride over 4 days and touring opportunities through national, archaeological and tourist sites and attractions.

For partial or non-riders, half day tours will be offered separately from the ride as well as the opportunity to meet up with the riders at various points in the day (lunch, pit-stops).

#### **Added Value**

With a view of having Good Wheel as an opportunity to create friendships and bonds between the riders and community of people with disabilities in Israel, various groups will be joining the ride on different days – war veterans, blind riders, children from the Center and professional para-cyclists.

#### **Pre-Ride Weekend**

Friday, March 29<sup>th</sup> – Sunday, March 31<sup>st</sup>

The pre-ride weekend will include a traditional Shabbat dinner with the Center's athletes and team, an urban one-day ride through Tel Aviv and Jaffa and a visit and tour of the ISCD. Hotel accommodation will be located in the Tel-Aviv area.

#### **Evening entertainment:**

All evening activities will take place at the hotel and will include English language activities such as inspirational talks, unique workshops, socializing opportunities and entertainment.

**Riding/Touring Routes: Short and long ride options will be available**

DAY	Route	Touring Option	Accommodation
Day 1: 4/1/19	Old city of Acre (Akko) to Naharya, from there up to Rosh Hanikra on the Lebanon Border, visit to the Grottos National Park and east to the Goren Park and Monfort Pond (total 60 KM). Bus down to Dalia	<p><b>Acre (Akko)</b> - Akko is situated in the northern part of the coastal valley, also known as Akko Valley. It borders on Bustan HaGalil ("Orchard of the Galilee") to the north and extends all the way to Na'aman River to the south. Akko boasts a beautiful seashore, which is the northernmost point adorned with the soft, fine sand from the Nile Estuary.</p> <p>Old Akko, which is situated on a peninsula, is one of the few cities along the shores of the Mediterranean whose surrounding walls have remained intact, aside from two openings that now provide access to motor vehicles. The openings in the wall were made by the British.</p> <p>Old Akko is a multifaceted city and it is built in layers that have been almost perfectly preserved.</p> <p>Four religions have made Akko their home and left their mark there: the Jews' synagogues, the elegant churches in the Christian neighborhoods, the Moslems' monumental mosques and the garden of the tomb of Bahá'u'lláh, founder of the Bahai religion and the House of Abud.</p> <p>Meeting all participants for a tour of "The Grottos" – a spectacular natural phenomenon on the Israel – Lebanon border. The walking path in the heart of the cliff exposes visitors to the grottoes, which – more simply put – are sea caves. The grottoes were formed in the wake of underground shocks that ripped open gaps within the bedrock. Slowly, rainwater penetrated these rifts, forming tunnels and caves that continued to expand due to the waves that slammed against the rock.</p>	Akko (night of March 31) - Kibbutz Dalia (night of April 1 <sup>st</sup> )

Day 2: 4/2/19	Carmel: Starting at Kibbutz Dalia towards the Druze Village of Dalyat El Carmel and through to the Carmel Scenic Route, route 70 to the finish point at Kibbutz Dalia (circular, 60 KM)	<b>Dalyat El Carmel – Druze Culture and Heritage:</b> Daliyat el-Carmel is a colorful Druze village that is located on the slopes of Mount Carmel that is famous for its incredible hospitality and warm nature. The Druze people are a break off from Islam and the break-off occurred about a millennium ago in Egypt. According to the Druze people, their religion is a renewal of an ancient faith that became known only to the group's sages. Daliyat el-Carmel was established in the seventeenth century by Druze from Mount Lebanon. In 2003, Daliyat el-Carmel joined with another Druze village, Isfiya, to form a single town, known officially as Carmel. There is a wonderfully vibrant market open on Saturdays as well as dozens of shops that line the main street, offering among other things genuine Druze foods, sweet pastries, olive oil and locally produced labaneh cheese. There are also a few galleries in the market that host cultural events.	Kibbutz Dalia (night of April 1 <sup>st</sup> ) - Dalia (night Of April 2 <sup>nd</sup> )
Day 3: 4/3/19	Dalia to Caesarea – Dalia to Elyakim, Bat Shlomo, Fureidis, Caeserea (50 KM)	<b>Caesarea – Zikhron Yaakov</b> Caesarea is a magnificent site, a national park where amazing ancient harbor ruins, beautiful beaches, and impressive modern residences sit side by side. Caesarea is originally an ancient Herodian port city located on Israel’s Mediterranean Coast about halfway between Tel Aviv and Haifa. The site has recently been restored to create one of Israel’s most attractive and fascinating archaeological sites.	Dalia (night Of April 2 <sup>nd</sup> ) - Caesarea/Zikhron Yaacov (Night of April 3 <sup>rd</sup> )
Day 4: 4/4/19	Bus down to Ein Afek and ride from there to finish point at ISCD	TBD	

The ride and tour will end on Thursday at ISCD, where there will be a closing ceremony and time to visit the facility. Locker room facilities will be available if needed. Transportation to the airport or other locations will be provided if needed and arranged ahead of time. Good Wheel 2019 will conclude at 6 pm.