

Jewish National Fund CULINARY, WINE & ARTS MISSION

March 1 – 9, 2013

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Mitzpe Hayamim view



Organic farming at Mitzpe Hayamim



Spa Treatment

Friday March 1 • Arrival /Upper Galilee

Welcome to **Israel!** This afternoon, we will meet as a group and transfer north to our hotel in Rosh Pinah.

After checking in, there will be a Shabbat candle lighting at the hotel before we will enjoy a special **Shabbat dinner** consisting of organic Israeli food made at Mitzpe Hayamim's own organic farm. Pending confirmation, a **wine connoisseur** will join us and share his extensive knowledge and professional opinions on Israeli wine and food. After dinner, we will have the opportunity to ask questions and engage in a lively discussion.

Overnight, Mitzpe Hayamim Hotel & Spa, Rosh Pinah

Saturday March 2 • Shabbat in the North

Today will be at leisure in honor of Shabbat. Relax in the hotel's tranquil atmosphere, take a dip in the pool or indulge in an optional spa treatment at the hotel spa. Optional Shabbat services will be offered as well.

After Shabbat ends, we will enjoy **dinner** in the homes of local Israeli families to experience Israeli food, culture and home life, first-hand.

Overnight, Mitzpe Hayamim Hotel & Spa, Rosh Pinah

All activities are pending confirmation. The itinerary is subject to change at any time.

Sunday March 3 • Upper Galilee / Jerusalem



Hula Valley

This morning, an optional **early-morning bike ride or golf-cart tour** of the **Hula Valley** will be offered. As one of the world's preeminent bird sanctuaries, millions of birds stop in the Hula Valley during their seasonal migration between Europe and Africa. During a tour along the migration route, we'll see some of the millions of birds that migrate here each year.



Safed

Afterward, we'll return to the hotel for breakfast followed by a tour of Mitzpe Hayamim's **organic dairy farm** to see the cows, goats and sheep that produce the hotel's milk and cheese and the free-range chickens that provide the eggs. Continue to Mitzpe Hayamim's own **dairy** to learn about the process of cheese making and taste a few of the 25 different dairy products made here!

We will then spend the morning in the mystical city of **Safed**. We'll stroll through the alleys of this ancient city and learn about the origins of Kabbalah, the Rabbis that lived here and the artist community that remains. We'll then participate in a special **art workshop** with local artists.

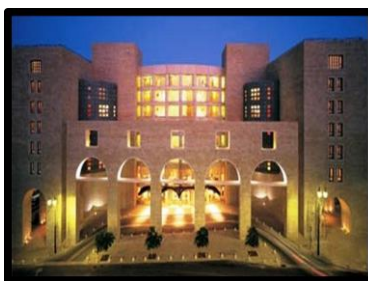


Cooking class with Chef Erez Kamarovsky

Pending confirmation, renowned chef **Erez Kamarovsky** will welcome us into his home for a special **cooking lesson and home hospitality**. He'll teach us to cook some authentic Israeli dishes while our friends and family watch live from home! Afterward, we'll enjoy the fruits of our labor with lunch outside on his terrace (weather permitting).

We'll then begin to make our way toward **Jerusalem**. Along the way, we'll stop at a **winery** known for exporting their wines internationally. We'll participate in a **wine-making activity** and help in the process of **bottling the wine** as well.

Upon our arrival into Jerusalem, we'll check into the hotel. We'll have the remainder of the night at leisure, providing us with an opportunity to enjoy dinner and Jerusalem's nightlife at our own pace.



David Citadel Hotel

Overnight, David Citadel, Jerusalem

All activities are pending confirmation. The itinerary is subject to change at any time.

Monday March 4 • Jerusalem



Cheese from Shai Seltzer's
Goat Farm



Maheneh Yehuda Market



Cooking lunch in Chef Tali's Atelier



Jerusalem

This morning, we'll head to a very special goat farm owned and operated by **Shai Seltzer**, one of Israel's foremost experts on goat cheese. Not only is he a connoisseur of specialty cheeses, he has taken full control of the craft on all levels including breeding the ideal goat for Israel's climatic conditions and perfecting the art of maturing and aging the cheese, known as *affinage*. He won international acclaim for his handmade artisanal cheeses, which are left to ripen in natural lime stone caves to produce a unique flavor profile. Shai will lead us on a tour of the **goat farm**, where we will see his herd of 170 goats, an organic vegetable garden that is maintained using the ancient technique of *terras farming* and an award winning goat cheese dairy. After the tour, Shai will lead us in a special **cheese tasting** of a variety of his specialty cheeses.

Afterward, we'll meet renown **Chef Tali Friedman** at the local Maheneh Yehudah Market. During a tour of the market, we'll sample some of the local spices, taste the fresh produce and stop at the local butcher stand where we will learn about the different body parts of a cow and how to prepare them. We'll continue to the local fishmonger for a short lesson before we head to Basher Fromagerie to try some of the famous chesses from around the world. During our excursion, we'll create a menu for lunch together and buy groceries to take back to her atelier, where Tali will lead us in a special cooking class using the food purchased at the market. We'll then enjoy our lunch on Tali's roof terrace overlooking Jerusalem and the Maheneh Yehuda Market below.

Later this afternoon, we'll head to a local KKL-JNF Forest for a special **painting class** with a renowned Israeli painter. We'll learn about painting nature and landscapes in a natural environment.

This evening, we'll enjoy **dinner** in a private home in Jerusalem, prepared by Chef Hila Solomon of Spoons restaurant.

Overnight, David Citadel Hotel, Jerusalem



Old City of Jerusalem



Western Wall Tunnels



Ammunition Hill



Rainwater Harvesting Program



Israeli Ballet

Tuesday March 5 • Jerusalem

This morning, we'll take a walking tour through Jerusalem's **Old City**. Echoes of history meet the voices of the present day in this living testament to the Jewish presence in Jerusalem. Harboring thousands of years of history, the Jewish Quarter is now a living, thriving community that resounds with voices uplifted in prayer and laughter of children playing in the streets. We'll enter the ancient city through the Jaffa Gate and head directly to the **Western Wall**, the last remaining wall that enclosed the Temple Mount in the Second Temple Period. We'll have a few minutes for prayer and contemplation before proceeding to the **Southern Wall Excavations** to see the original steps that lead to the Temple Mount. Afterward, we'll take a walk down the **Cardo**, the main street in Jerusalem 2000 years ago.

Pending confirmation, we'll then take an exciting night tour through the **Western Wall Tunnels**, an incredible labyrinth of tunnels, arches and passageways that expose Jerusalem's rich history, archeology and topography.

We'll then proceed to **Ammunition Hill**, site of the famous and fierce battle of the Six-Day War in 1967. We will meet with a representative for a tour including the new "Seam-Line" multimedia show about the Six-Day War and reunification of Jerusalem. The tour will conclude at JNF's **Wall of Honor**, honoring Jewish veterans from around the world.

Later this afternoon, we'll proceed to a local elementary school in the region. We'll meet with **Lavi Zamir**, Managing Director of Green Horizons, Israel's elite youth leadership organization. During a tour of the school, several members of **Green Horizons** will discuss the school's efforts to educate students about Israel's water crisis through interactive, hands-on learning. We will see the school's **Rainwater Harvesting Program**, a JNF project where runoff water is collected on school rooftops, held in tanks, and used for flushing toilets, cleaning, and irrigation. We'll also **meet students** who will show us some of their projects and work related to the Rainwater Harvesting Program.

This evening, we'll enjoy some **home hospitality** during **dinner** with a renowned **chef** before we attend the **symphony, ballet** or other cultural performance.

Overnight, David Citadel Hotel, Jerusalem

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Wednesday March 6 • Negev



Cooking breakfast



Sderot Indoor Recreation Center



Aleh Negev Rehabilitative Village



Hydrotherapy Pool at Aleh Negev



Beresheet Hotel overlooking the Ramon Crater

After checking out of the hotel, we'll head to a local **organic farm** to pick vegetables, fresh herbs, locally hatched eggs and other ingredients that we will then use to cook and prepare our own **breakfast**.

Afterward, we'll begin to make our way south to the Negev. Along the way, we'll stop at the **Sderot Indoor Recreation Center**, the largest indoor playground in Israel. This remarkable facility provides Sderot's youth with a safe, secure place to have fun and simply be children. During the visit, we'll meet some of Sderot's families to understand how the indoor playground has enriched their lives and increased the level of safety provided for their children.

We'll then host a special **pizza party** for lunch with local Sderot residents and children. As we serve them pizza, salad and other dishes, we'll get to know each person and hear stories about their lives.

After lunch, we'll continue to **Aleh Negev**, a state-of-the-art residential facility that provides people with severe cognitive and developmental disabilities with high level medical and rehabilitative care. A revolutionary facility that has changed the face of rehabilitative care in Israel, Aleh Negev is home to over 500 residential adults with disabilities and serves more than 12,000 children and young adults with disabilities each year on an outpatient basis.

During a tour of the facility, we'll see the new hydrotherapy pool, the animal petting zoo, and the therapeutic riding camp that offers horse therapy. Then, we'll meet with several families of Aleh Negev residents, who will share their personal stories and experiences.

This evening we'll participate in a special **cooking class** followed by **dinner** at the home of a local chef in Ofakim. Following dinner, we'll continue south to Beresheet Hotel in **Mitzpe Ramon**, one of Israel's newest & most luxurious hotels overlooking the Ramon Crater.

Overnight, Beresheet Hotel, Mitzpe Ramon

All activities are pending confirmation. The itinerary is subject to change at any time.



Ramon Crater



F-16I Plane



Beresheet Hotel Pool



Green Horizons activity

Thursday March 7 • Negev

Early this morning, there will be an **optional sunrise tour** of the **Ramon Crater** that will allow you to discover the colorful landscapes and hidden treasures that this natural phenomenon has to offer.

After the tour, we'll return to the hotel for breakfast before we depart for an exclusive tour of the **Ramon Air Force Base**. Several IDF soldiers will lead us on a tour of the base, including a stop to see a few of the F-16i planes and Apache Helicopters stationed at the base. Afterward, we'll show our thanks to the soldiers who risk their lives to protect Israel by serving them **lunch** in the mess hall (*pending confirmation*).

We'll then continue to the future site of the **Central Arava Medical Center** in Sapir. In partnership with the Central Arava Regional Council and the Israeli government, JNF is building a world-class medical center to replace the dilapidated clinic and provide quality care to local residents and workers. Here, we will meet with several **Arava doctors** who will explain how the medical center will improve the quality of life and care for those who need it most.

Afterward, we'll return to the hotel for the remainder of the afternoon at leisure. We may choose to relax, explore the local area or indulge in an **optional spa treatment** at the hotel spa.

Early this evening, members from **Green Horizons** will join us outdoors to roast marshmallows and make s'mores followed by a fun, interactive activity. We'll then enjoy **dinner** at the hotel.

Overnight, Beresheet Hotel, Mitzpe Ramon

All activities are pending confirmation. The itinerary is subject to change at any time.

Friday March 8 • Negev / Tel Aviv



Be'er Sheva River Park

This morning we will visit **Be'er Sheva**, the capital of the Negev. We'll visit the **Be'er Sheva River Park**, the centerpiece of JNF's efforts to provide a renaissance for the entire city and bring 250,000 new residents to the city. Pending confirmation, we will meet with **Mayor Ruvik Danilovich**, the youngest mayor in the history of Be'er Sheva, who will share his vision for the future of Be'er Sheva. **Itai Freeman**, Director of the Be'er Sheva River Park, will then provide an update on the project and lead us on a tour of through the Park.



Pipes Bridge in Be'er Sheva

During the tour, we'll stop at the **Pipes Bridge**, a pedestrian and cycling bridge linking the Old City of Be'er Sheva to the park. We'll then see the progress of the 12,000 seat **amphitheater**, which will be the largest open-air performance venue in Israel. We will then continue to the future **Abraham's Well Visitor Center**, which will feature a multimedia museum where visitors will be able to walk through history in Abraham's footsteps. Our tour will conclude with an update on the 23-acre manmade **lake** that will use recycled water from the city to offer boating, bird watching and other activities. It will also double as a recycled water reservoir for park irrigation.



Tel Aviv

We'll attend a **dedication ceremony** including a special **wine toast** with wine from the Negev, in honor of our recent contributions to JNF. Afterward, we'll participate in an interactive culinary experience (TBD) before we make our way to **Tel Aviv**, Israel's most cosmopolitan city.

We'll enjoy **lunch** at **Café Tamar**, a legendary restaurant in Tel Aviv, which has been open since the time of the British Mandate. During our meal, we'll meet with owner Sarah Stern and hear about her days serving in the British army.



Tel Aviv Museum of Art

This afternoon, we'll take a private tour of the **Tel Aviv Museum of Art**, which won the 2012 award for "Best Museum" by Travel & Leisure Magazine.

Tonight, we will enjoy **Shabbat dinner** in Tel Aviv.

Overnight, Carlton Hotel, Tel Aviv

All activities are pending confirmation. The itinerary is subject to change at any time.

Saturday March 9 • Tel Aviv



Neve Tzedek



Tel Aviv

Today will be at leisure in honor of Shabbat. Optional activities include a walking tour through **Neve Tzedek**, the first neighborhood built outside of Tel Aviv, in 1909. During the tour, see the beautifully restored houses and streets that preserve the essence of the early days of Jewish urban settlement. Walk past the Nahum Gutman Museum, the former home of the artist who immortalized the early days of Tel Aviv and Jaffa landscapes in his colorful paintings. See the Rokach House, now a private museum of sculpture and family history established by sculptor Lea Majaro-Mintz, the granddaughter of the home's builder and the first head of the Neve Tzedek community, Shimon Rokach. Walk past the former homes of many writers, artists and spiritual leaders from the 20th century.

Later this afternoon, consider having an afternoon snack at an outdoor café on the Tel Aviv Promenade and watch (or participate) as Israelis and tourists come together for some festive **folk dancing**.

This evening, we will enjoy a **farewell dinner** at the home of a prominent art collector before we transfer to the airport for a return flight home.

Overnight, En route

All activities are pending confirmation. The itinerary is subject to change at any time.