



Yam L' Yam Trek

Day 1: Akziv Beach - Abirim Camp

Distance - approx. 22km

Approx. Walking Time (inc. stops) - 8 hrs

We start our journey at around 04:30am, meeting at your hotel in central Israel, and travel to the start point in Nahariya. We will arrive at around 07:00am at Akziv Beach and begin our hike.

Once we leave the beach area of Akziv, we join the trail through banana and avocado groves for about 1hr - 1.5hrs. We then walk along a road for about 3km until we reach the next section of the trail, this path takes us to the base of Montforte Castel, where we will stop for lunch. Continuing we will soon arrive at a fresh water pool to dip and refresh before we start the uphill climb to Abirim through the forest. On arrival to Abirim camp site there will be time to wash rest and relax before dinner, and sit around the camp fire.

Day 2: Abirim - Mt Meron

Distance - approx. 23km

Approx. Walking Time (inc. stops) - 8 hrs

After an early wake up and a traditional Israeli breakfast, we will leave camp by around 8am. we trek around the surrounding hills over rocks and through bushes for about 1.5hrs - 2hrs to our first rest stop. The trail then heads uphill for a short time until we start to wind our way back down to our lunch spot. After a short while we reach a road where we can visit a gas station to buy/fill water and snacks before we go under the bridge to continue our walk through beautiful scenic countryside in the Meron Nature Reserve. We wind our way along the valley to another up-hill forest for the final hour. Here we will meet our coach and transport back to the camp site in Abirim. There will be time to wash rest and relax before dinner, and sit around the camp fire.

Day 3: Mt Meron - Nachal Amud

Distance - approx. 17km

Approx. Walking Time (inc. stops) - 6 hrs

After an early breakfast, the coach will drop us back to the base of Mt Meron where we finished yesterday's trek and we begin our ascent of Mt Meron. This climb will take 1hr - 1.5hrs including a couple of rest stops at the viewing points, where we will have a great view of the upper Galil and over the Golan towards Mt Hermon. Once we reach the summit of Mt Meron (+1,200m), we start our long descent down to the Kineret (-210m). We spend the rest of the morning walking along side Vineyards and Byzantine ruins to our lunch spot under a beautiful tree with a great view of Tzfat (Safed) ahead of us. After lunch we have a rocky descent until we pick up the start of Nachal Amud. Walking along, and sometime in the river bed, the terrain becomes tricky at times. Just before we reach Seckvi Pools, we ascent the long rocky steps up towards the camp site where our coach will be waiting to take us back to our camp, for dinner and a camp fire.

Day 4: Nachal Amud - Kibbutz Ginossar, The Kineret

Distance - approx. 28km

Approx. Walking Time (inc. stops) - 10 hrs

Waking early and after breakfast, we travel by coach and start the day back at Nachal Amud, we will walk alongside the Nachal for 2hrs - 3hrs before arriving at the start of the up and down technical section. This section includes metal hand rails and a few sections with metal hand and foot holds. With a slow pace and plenty of help from PJS Challenges guides, this section is challenging yet fun for everyone. This section is approximately 3km long and will take around 2hrs to complete, including rest stops.

We continue our walk along Nachal Amud. The path is undulating and we will also cross and walk in the river bed many times. The valley will get wider and wider until we reach the start of the Nachal and stand under the mighty stone Amud (Column), where the Nachal gets its name. From here we exit the valley and walk towards the Kineret, ending our walk as we started through banana groves. We cross the main road into Kibbutz Ginossar and walk down to the beach at the Kineret. After a quick dip in the waters, we will meet our coach in the car park and start our journey back down to Central Israel by early evening.