



קרן קימת לישראל
K K L - J N F

קרן קימת לישראל | Jewish National Fund | Keren Kayemeth LeIsrael

Green. Cycling. Israel

Partnership Opportunities

Bicycle Trails



Riding through the KKL-JNF Forests

Most people are familiar with Herzl's saying "If you will it, it is no dream". Since 1901, KKL-JNF has been working hard to make sure that his vision is indeed no dream. Today, we continue to work in the spirit of this vision in order to make Israel a greener and more pleasant land. You may not have been aware of another saying of Herzl's: "the lightweight bicycle brings with it new life." It is interesting to see that this dream, too, is coming true as thousands of Israelis take to the roads and paths with their bicycles.

As in many other countries, cycling has become an extremely popular sport and pastime. KKL-JNF is developing bicycle trails in our forests and open spaces as part of our policy of strengthening the bonds between the public and the forests. To mark Israel's sixtieth anniversary, KKL-JNF is giving Israelis a special present – a 130 km. bicycle trail connecting Jerusalem and Tel Aviv.

KKL-JNF's bicycle trails meet the needs of all sections of the public. Most of the trails are relatively easy and intended for all the family. Some are more challenging and appeal to experienced riders.

Bicycle trails enhance the quality of life of the people who use them; they also enhance the environment. By riding our bikes more and using our cars less, we can save energy, cut the emission of greenhouse gases, help reduce global warming – and have fun at the same time!

We are proud to present seventeen of the many bicycle trails developed by KKL-JNF and that are available for sponsorship. Happy cycling!



Efi Stenzler
Efi Stenzler
KKL-JNF World Chairman

A. Duvdevani
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KKL-JNF Co-Chairman

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If cycling did not exist, KKL-JNF would probably have to invent it. It is difficult to think of any activity that better promotes and reflects our values and interests as the guardians of Israel's land. Cycling can be enjoyed by almost everyone, from very young children to retirees. It offers an immediate contact with the land and its vistas that cannot be experienced in a car or bus. It encourages diverse circles of Israelis to visit our forests and parks, strengthening their understanding of the need to protect and nurture open spaces in our crowded country. Cycling is good for the health and good for the environment. It is a modern and global trend, and yet thoroughly suited to Israel's climate, landscape, and leisure needs.

With all this in mind, it is hardly surprising that cycling is a boom sport in Israel today. As in many other countries, thousands of young people and families gear up at weekends, holidays, and vacations and set out for the open road and for trails and paths.

As this booklet illustrates, KKL-JNF is playing a leading role in encouraging and facilitating cycling. We are developing bicycle trails in our forests and open spaces as part of our policy of promoting a sustainable and mutually-beneficial bond between humans and nature. KKL-JNF bicycle trails have something to suit everyone, from easy routes suitable for families with children to more challenging trails for skilled, experienced bikers.

We are proud to present here a sample of our bicycle trails around the country. In mountains and deserts; along the shores of lakes and seas; around ancient cities and new communities – the range of setting of our bicycle trails is dazzling.

We invite you to saddle up and help KKL-JNF make cycling the sport of choice for twenty-first century Israelis.



Northern Israel

Rolling green hills, fertile valleys, and a wonderfully diverse natural and human landscape – the Galilee and northern Israel provide a spectacular setting for cycling. Our featured trails in this region offer a taste of the north with something to appeal to everyone.



- Cycling near water / seasonal
- Cycling along / through fields
- Fish & birds
- Landscape / lookout
- Flowers / seasonal
- Jewish heritage
- Christian heritage
- Cycling in forests
- Recreation / picnic
- Public participation
- Urban cycling
- Archaeology
- Historical sites
- Near the desert



1 Doing the Hula Loop – Hula Valley Bicycle Trail

An 11-kilometer trail runs around the reflooded lake in the center of the Hula Valley, forming the highpoint of an expanding network of bicycle trails in the area that will eventually reach a total length of 140 kilometers. This is a flat area and the trail is particularly suitable for family cycling. The trail encourages visitors to explore the birds, wildlife, and natural beauty of this area while minimizing disturbance from motor vehicles.



2 Loop Around the Sea of Galilee – Kinneret Scenic Bicycle Trail

A 120-kilometer bicycle trail is being developed around Lake Kinneret (Sea of Galilee). The trail passes through forests and close to the water's edge, offering spectacular views of the lake and the surrounding landscapes. Cyclists can stop off at many points of interest to Jewish and Christian visitors along the way. The trail is also suitable for walkers.



3 Cycling Along the Kishon – Nahal Kishon Bicycle Trail

This 30-kilometer trail follows the course of Nahal Kishon, one of the few rivers in Israel where water flows throughout the year. The trail passes through the Lower Galilee, with views of the Menashe Hills, the Carmel Forests, and the Nazareth mountains. KKL-JNF has planted orchards and groves along the route to provide shade and enhance the riding experience. Some sections of the trail are also suitable for use by walkers and by people with disabilities.



4 Between Carmel and the Sea – Carmel Coast Bicycle Trail

This 24-kilometer trail offers an easy ride that is particularly suitable for families with children or for newcomers to the world of cycling. The trail runs past green groves and fish ponds before entering HaBonim Nature Reserve, a unique coastal treasury of coves, inlets, plants, and wildlife. Riders can stop to visit such features as the Shell Cove and the Blue Cave before continuing to the end of the trail at Kibbutz En HaCarmel. In winter and spring beautiful wildflowers bloom along much of the route.



5 Cycling through the Bible – Yissakhar – Giv'at HaMoreh Scenic Bicycle Trail

This 13-kilometer scenic trail begins at Givat HaMoreh in the eastern Lower Galilee and reaches the Bet She'an Valley to the east. For most of its length the trail passes along the Tseva'im Ridge, offering fine views of the Gilboa Mountains to the south, the Upper Galilee to the north, and Lake Kinneret to the east. The trail is also suitable for use by motor vehicles.

Central Israel

Traveling through crowded central Israel by car, it is sometimes hard to believe that there is much open space left here. Yet within easy reach of some of the country's busiest roads, beautiful trails invite cyclists to enjoy nature. From major projects such as the Jerusalem – Tel Aviv bicycle trail and the Jerusalem Ring path to trails in more off-the-beat areas, cyclists face a dazzling choice in this region.



-  Cycling near water / seasonal
-  Cycling along / through fields
-  Fish & birds
-  Landscape / lookout
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-  Jewish heritage
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-  Cycling in forests
-  Recreation / picnic
-  Public participation
-  Urban cycling
-  Archaeology
-  Historical sites
-  Near the desert



6 Cycling Through the Biosphere – Menashe Biosphere Bicycle Trail

This 6-kilometer circular trail surrounds a popular active recreation area in Menashe Biosphere Park. The trail passes through beautiful scenic spots with panoramic views. The trail was developed together with cycling enthusiasts and local residents in order to encourage this booming sport while protecting the fragile forest landscape in the area.



7 Through Defenders Forest – Defenders Forest Bicycle Trail

Defenders Forest is situated in the Ayalon Valley, almost exactly half way between Jerusalem and Tel Aviv. The 10-kilometer bicycle trail circles the forest, providing a wide path suitable for tandem riding, including riding for the blind.



8 Cycling Around the Capital - Jerusalem Ring Bicycle Trail

Jerusalem Ring Park is a major project that will preserve and develop green spaces around the country's capital for the benefit of residents and visitors. The Jerusalem Ring Bicycle Trail will encircle the entire city, including sections in open spaces and forests as well as stretches inside the city offering an urban riding experience and providing access to places of interest around the city.



9 Hidden Highlights of Haruvit – Haruvit Forest Bicycle Trail

This circular 14-kilometer trail passes through diverse forest habitats and scenic points, offering beautiful views of the coastal plain. The trail was developed in cooperation with cycling enthusiasts and the local community. Two entrances lead to the trail, which will also be served by a parking area and a small picnic site.



10 Riding in a 360° Landscape – British Park Bicycle Trail

An intermediate-level circular cycling trail is planned in British Park in the Judean lowlands. Riders will enjoy a wide range of attractions, including remnants of an ancient settlement and wells, caves, thick hedges of prickly pears, and a variety of natural and planted forests. Hurvat Eked along the trail offers a spectacular 360° vista of the coastal plain and the Hebron Mountains. Entrances are planned in Moshav Masu'a and at the foot of Mitspe Masu'a close to the visitors center.



11 Riding through Adulam – Adulam Caves Park Bicycle Trail

The Adulam trail is a 14-kilometer route crossing Adulam Caves Park and passing close to many of the natural and historical features of the area. The trail offers a varied and enjoyable experience for cyclists with some experience. The trail is being developed in cooperation with local cycling enthusiasts and the communities around the park.

Southern Israel

The semi-arid hills and plains of the northern Negev offer a unique backdrop for cycling enthusiasts. Wildflowers, archeological sites, and desert forests are among the treats on offer along the trails of Israel's south.



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12 Ride Round the Wildflowers – Shahariya Forest Bicycle Trail

In winter, Shahariya Forest to the east of Kiryat Gat is carpeted with wildflowers. This is the ideal season to ride along Shahariya Forest Bicycle Trail, a network of trails totaling 15 kilometers and ranging from segments suitable for the whole family to rocky and winding sections for more experienced cyclists.



14 Cycling the Anemone Way – Shokeda Scenic Bicycle Trail

Thousands of Israelis come to Shokeda Forest in the northwestern Negev in winter to see the impressive blooming of anemones in the area. The 25-kilometer scenic bicycle trails runs through the forest, connecting the Sa'ad area to the north with Be'eri Forest to the south. The trail includes two viewing areas where visitors can stop to enjoy the anemones without disturbing their immediate habitat. The forest also includes archeological sites and picnic areas.

anemones. Seating areas, a picnic site, and informational leaflets enhance the Be'eri experience



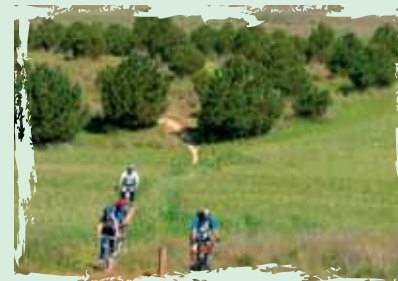
16 Ofakim Horizons – Ofakim Bicycle Trail

An 8-kilometer bicycle trail leads from the center of the Negev city of Ofakim through dry river beds and on to Ofakim Forest and Patish Fortress. The trail passes by ancient cisterns and a large excavated water reservoir. Future additions will include a branch trail along Nahal Shomriya and Nahal Be'er Sheva Park, and a 2.5-kilometer family cycling section inside Ofakim Park. The trail is being developed in cooperating with local cycling enthusiasts.



13 Gearing Up in Gvar'am - Gvar'am Forest Bicycle Trail

This 20-kilometer trail passes through gentle hills planted with pine and eucalyptus close to Kibbutz Gvar'am in the northern Negev. An upgraded single track trail offers a moderately difficult ride in a beautiful and green setting.



15 Seeing Red in the Desert – Be'eri Forest Bicycle Trails

Three bicycle trails have been developed in Be'eri Forest, approximately 40 kilometers northwest of Be'er Sheva: an easy family trail, a medium-level trail, and a stunning 26-kilometer single track trail intended for experienced cyclists. In winter sections of the forest are carpeted in the deep red of



17 Around Arad – Arad Bicycle Trail

Arad Bicycle Trail extends 11 kilometers, from the modern desert city of Arad to Tel Arad Archeological Park. The trail includes rest stops along the way and parking at both ends, and offers an enjoyable riding experience in the dry desert air.

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Available Bicycle Trails for Sponsorship

Northern Israel

- 1 Doing the Hula Loop – Hula Valley Bicycle Trail
- 2 Loop Around the Sea of Galilee – Kinneret Scenic Bicycle Trail
- 3 Cycling Along the Kishon – Nahal Kishon Bicycle Trail
- 4 Between Carmel and the Sea – Carmel Coast Bicycle Trail
- 5 Cycling through the Bible – Yissakhar – Giv'at HaMoreh Scenic Bicycle Trail

Central Israel

- 6 Cycling Through the Biosphere – Menashe Biosphere Bicycle Trail
- 7 Through Defenders Forest – Defenders Forest Bicycle Trail
- 8 Cycling Around the Capital – Jerusalem Ring Bicycle Trail
- 9 Hidden Highlights of Haruvit – Haruvit Forest Bicycle Trail
- 10 Riding in a 360° Landscape – British Park Bicycle Trail
- 11 Riding through Adulam – Adulam Caves Park Bicycle Trail

Southern Israel

- 12 Ride Round the Wildflowers – Shahariya Forest Bicycle Trail
- 13 Gearing Up in Gvar'am – Gvar'am Forest Bicycle Trail
- 14 Cycling the Anemone Way – Shokeda Scenic Bicycle Trail
- 15 Seeing Red in the Desert – Be'eri Forest Bicycle Trails
- 16 Ofakim Horizons – Ofakim Bicycle Trail
- 17 Around Arad – Arad Bicycle Trail



Various planned Bicycle trails



Donated Bicycle trails



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Tips

Tips and Guidelines for Cyclists Riding in KKL-JNF Forests

**Cycling is a demanding sport and proper preparation is important.
Here are some tips and guidelines to consider before you set out.**

Equipment

- Suitable **helmet, goggles, gloves, and riding pants.**
- **Water or isotonic drink** in sufficient quantity.
- **Basic first aid kit.**
- **Touring and trail maps** on a scale of 1:50,000 for the area you intend to visit.
- **An odometer (milometer)** – bear in mind that readings from different models can vary by up to 10 percent.
- **Whistle and flashlight** in case you get caught in the dark.
- **Accessory kit** including pump, spare tube, and puncture repair kit.
- **Energy food** – dried fruit, snacks, etc.

While riding...

- Remember the “three Ds” – drink, drink, and drink!
- Do not cycle on your own.
- Take frequent breaks – at least 10 minutes in every hour.

- Avoid eating simple sugars before you go cycling.
- Cyclists over the age of 40 should have an annual medical check.
- Set your pace according to your age and your level of fitness.
- Make sure a relative or friend has details of your planned route.
- If you find yourself on the trail at night, wait for assistance. Do not ride in the dark.

Rules for expert cyclists...

- Adapt your speed to meet the conditions along the trail.
- Get off your bike to cross obstacles and difficult sections.
- Ride on the marked trail only.
- Show consideration for others using the trail.
- Do not ride without a suitable bicycle and safety equipment.
- Cycling is not permitted at night.

Many car drivers who have switched to cycling say they no longer get stressed out sitting in the daily grind of traffic queues.

About 200,000 bikes are sold in Israel annually, the numbers of cyclists increase annually by 15%.

The average age of riders in Israel is 35. Almost 60% are single, 30% ride daily and 45% use their bike as a form of transport.

Cyclists doing a modest five miles a day are said to have the body of someone ten years younger.

Did you know?

Taking moderate exercise is a good way to reduce stress while the pleasure of riding a bike is a tonic in itself.

Bicycling is not only good for the environment but it is good for your health too.

Gentle exercise provided by regular cycling increases stamina and general fitness and helps keep weight down.

Much heart disease can be prevented. As little as 32 kilometers (20 miles) weekly reduces the risk of coronary heart disease to less than half of that for non-cyclists.



KKL - JNF Facts on the Ground

KKL-JNF activity is a combination of its actions in all different fields – development goes hand in hand with preservation, forestry with research and water recycling with tourism. Our work never stops – we are leading the way to a better, healthier environment – with large open spaces, green forests and recreation areas, and respect for our natural and cultural heritage. We educate today's children, who will become the environmentally conscious citizens of tomorrow, to create a better tomorrow for Israel.

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Projects & Marketing Department
Jerusalem 2009
www.kkl.org.il

Photos: KKL Photo Archives, Jerusalem
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