

**Temple Jeremiah's  
Family Friendly  
Israel Adventure**

**Led by Dr. Anne & Jerry Lidsky**

**March 23 – April 2, 2023**

(As of 6/3/22)

*Israel is a land of connections and reconnections. It is a place that both holds nostalgia and awaits rediscovery. Over the decades, so much in Israel has changed dramatically, yet the essence that draws us remains the same. Join us on a fun, interactive and hands-on journey of discovery, experiencing time-honored sites in a new light and sharing new experiences that will form the base of cherished memories for years to come. Our tour will create positive Jewish experiences for participants of all ages here in our ancestral homeland.*



### Day 1: Thursday, March 23, 2023: DEPARTURE

- We depart the United States on our overnight flight to Israel.
- 

### Day 2: Friday, March 24, 2023: WELCOME TO ISRAEL!

- Shalom and Bruchim Habaim—welcome to Israel! Upon arrival, we are met by an Ayelet Tours representative and begin our adventure.
- Our first stop is at **Neot Kedumim**, the Biblical nature reserve, to learn about the connections between the biosphere and Jewish history. We **plant trees**, connecting us physically and spiritually to the land of Israel.
- We ascend to **Jerusalem**, stopping at the **Haas Promenade** to mark our arrival and take in the panoramic view of the City of Gold. We recite the Shehecheyanu together.
- We check into our hotel and freshen up after our long journey.
- As the sun sets over Jerusalem, we join together to welcome **Shabbat** with **Cantor Evan Cohen** at **Kehilat Har-El**, followed by **welcome Shabbat dinner** with members of the community.

### Overnight in Jerusalem

---

### Day 3: Saturday, March 25, 2023: FUN IN THE DEAD SEA BASIN

- Breakfast at our hotel.
- We depart early this morning and travel south to the **Dead Sea basin**. Upon arrival, we ascend the imposing mountain of **Masada** by cable car to view the remains of King Herod's fortress, including the synagogue, walls and bathhouse, as we learn about the Jewish Zealots' fateful last stand against the Roman forces.
- We descend the mountain and head to the beach for an included **lunch** and an unsinkable swim in the luxuriating, salty and mineral-rich waters of the **Dead Sea**, where we can cover ourselves in silky, healing mud and float at the lowest place on Earth.
- After our refreshing afternoon dip, we enjoy a short hike to the hidden waterfalls in the desert oasis of **Ein Gedi**.
- We return to Jerusalem, where later this evening we gather for **Havdallah**, marking the end of Shabbat and the beginning of a new week, followed by free time to enjoy dinner on our own as the city returns to life after the calm of Shabbat.



### Overnight in Jerusalem



---

#### Day 4: Sunday, March 26, 2023: MODERN ISRAEL

- Breakfast at our hotel.
- We engage in dialogue entitled *“The Labyrinth of Israeli Politics”* with **Professor Reuven Hazan** of Hebrew University’s Political Science department.  
**OR**
- We team up for some family fun as we search for clues and explore the beautiful historic neighborhood of **Yemin Moshe** on a **scavenger hunt**. By uncovering the riddles and using ace detective work, we’ll make our way through Yemin Moshe’s winding alleys, explore its legendary windmill and discover how Jerusalem expanded beyond the Old City.
- Next, we visit **Yad Vashem**, Israel’s memorial to the Holocaust, where we view the many moving exhibitions, including the Hall of Names and the Avenue of the Righteous Among the Nations. Our group will divide into two tracks; first timers and those who have visited before.
- At **Mt. Herzl**, Jerusalem’s military cemetery, we pay our respects at the gravesites of Theodore Herzl, Golda Meir, Yitzhak Rabin and Shimon Peres and hear stories of some of the lesser-known heroes buried here.
- This afternoon, we stop by Jerusalem’s **Machane Yehuda open-air market**. This colorful market features a variety of vendors selling produce, spices, nuts and sweets interspersed with trendy cafes and restaurants. Time for lunch on own here.
- Enjoy dinner on own along Ben Yehuda Street or at the Mamilla Mall.
- After dinner, we return to the Old City and head below ground for a **late-night tour of the Western Wall tunnels** and an opportunity to discover the many layers of Jerusalem’s history, passing through grand building projects from ancient Rome through – new discoveries continue to be made at the site!



#### Overnight in Jerusalem

---



## Day 5: Monday, March 27, 2023: B'NAI MITZVAH CELEBRATION! THE OLD CITY

- Breakfast at our hotel.
- This morning, we join together to celebrate our **B'nai Mitzvah** at **Robinson's Arch**. Mazel tov!
- Today, we discover the **Old City of Jerusalem** through a walking tour of the different quarters. We enter the Ottoman walls via the **Jaffa Gate** and ascend to the **rooftops** of the **Old City**, where the beauty and complexity of Jerusalem become apparent from this incredible vantage point. We continue into the **Jewish Quarter**, filled with synagogues, shops and history, stopping at the **Cardo Market** and passing by the ancient **Broad Wall**. Our path takes us through the bustling **Arab shuk** and into the **Christian Quarter** to the **Church of the Holy Sepulchre**, where Jesus was crucified, along the alleys of **Via Dolorosa** and into the shops of the **Muslim Quarter**.
- We continue to the **Kotel (Western Wall)**, built 2,000 years ago by King Herod to dignify and support the Second Temple. At this silent monument, a witness to triumph and tragedy, to hope and despair throughout the generations, we take time to reflect and pray, perhaps wedging a sacred note into a stone crevice and enveloping ourselves in the sense of holiness pervading the plaza.
- This afternoon, we visit **Ir David, the City of David**, where the stories of the Biblical King David come to life through the palace excavations, underground passageways and monumental fortifications. For the fearless, descend with a flashlight into **Hezekiah's Tunnel**, a 2,700-year-old pitch-black water-filled tunnel, a marvel of engineering, that brought water into the ancient city.
- We return to our hotel for a chance to relax and refresh.
- As day turns to night, we join together for a special **gala dinner** to continue our B'nai Mitzvah celebration.
- After dinner, we take in the **Tower of David Night Spectacular**, a sound and light show that transforms the walls of David's Citadel into the living story of Jerusalem.



## Overnight in Jerusalem



---

## Day 6: Tuesday, March 28, 2023: SOCIAL JUSTICE/TAKING STEPS TOWARDS A BETTER FUTURE

- Breakfast and check out of our hotel.
- We begin our day with **Anat Hoffman** of the **Israel Religious Action Center (IRAC)** for an in-depth discussion of religious tension, issues of church and state currently confronting Israel and the struggles for equality, pluralism and social justice in Israel.  
**OR**
- We begin our day at **Emek Tzurim**, where we participate in the dig that is sifting the Temple Mount rubble. New and important finds are made here every day.
- Today, we visit **Yad B'Yad**, a cutting-edge Jewish-Arab school, where we meet with teachers and administrators and peek in on a class of students. Our time here will illuminate both the hopes and challenges of integrated co-education in Israel.
- Its time to depart Jerusalem, until next time. We stop for lunch (on own) along our way north.
- This afternoon, we travel to the mystical city of **Safed**, one of the four holy cities in Israel and the center of Kabbalah. We wander through the cobblestone streets to view the ancient synagogues and admire the art galleries.
- Upon arrival at our kibbutz, we have time to freshen up before a relaxing evening and **dinner** together tonight.

### Overnight in the Upper Galilee

---

## Day 7: Wednesday, March 29, 2023: GOLAN ADVENTURES

- Breakfast at our kibbutz.
- This morning, we enjoy a leisurely hike through the **Banias Nature Preserve**. Here, we enjoy the confluence of nature and Roman ruins, a trail suspended just meters over the rushing water and cap off our experience by visiting the splendid waterfall.
- Next, we set out on an adventurous **jeep tour** through the **Golan Heights**, riding along ancient Roman roads, passing through Syrian ruins and admiring the stark beauty of this windswept plateau. We ascend to the top of **Mount Bental**, a former Israeli bunker overlooking the ruins of **Quneitra** and the **Valley of Tears**. As the full vista comes into view, we reach a deeper understanding of both the past and present complexities facing Israel in a hostile Middle East.



- We continue to the **Druze village of Bukhata** to meet with **Naseeba**, who will discuss the role of women in the Druze community along with Druze in the Israeli society as we enjoy a **home hospitality lunch**.
- This afternoon, we participate in a hands-on **chocolate workshop**, learning from the experts in a fun and delicious way as we make our own confections at the **DeKarina Chocolate Factory**. Adults may choose to savor the flavors of local wine varietals at the adjacent **Pelter Winery**.
- Our adventure continues as we embark on a **rafting expedition down the Jordan River**, meandering through its curves and enjoying some family fun and the lush scenery along its banks.
- We return our kibbutz for a relaxing evening and **dinner** together tonight.

### Overnight in the Upper Galilee

---

### Day 8: Thursday, March 30, 2023: THE MED COAST TO TEL AVIV

- Breakfast and check out of our kibbutz.
- We begin our day enjoying a sweet treat with purpose at **Buza Ice Cream**. We'll meet owners **Adam Ziv and Alaa Sweitat**. This Jewish-Arab team have not only found meaningful friendship through their business, they have created "a corner of delicious sanity."
- We depart the Galilee and travel west to the Mediterranean coast. At **Rosh Hanikra**, we discover the chalk cliff grottoes carved out by the Mediterranean waters over time.
- Next, we visit the **Crusader port of Akko**, touring the massive **Hospitaller Fortress** and **Knights' Hall** that stood here. We will walk through the secret **tunnel to the sea** and wander through the market. We stop for a quick falafel lunch on our own.
- We continue to **Caesarea National Park**, the Roman regional capital. Here, we view the ancient theater, stroll through the hippodrome and Roman theater and stand in awe at Herod's palace and harbor.
- We arrive in **Tel Aviv** and check into our hotel.
- After a chance to refresh, we head out for dinner on our own at the **Sarona Market**, a world-class dining experience with something for everyone to enjoy!



### Overnight in Tel Aviv



---

### Day 9: Friday, March 31, 2023: A TASTE OF TEL AVIV

- Breakfast at our hotel.
- This morning, we visit the cutting-edge **Taglit Innovation Center** for a glimpse into Israel's high-tech advances in the fields of science, medicine, security and space in their interactive exhibition.
- We follow the **Independence Trail** through the **Rothschild District**, discovering the architectural, cultural and intellectual foundations of this great city along the way, including a stop at the famed site of Israel's Independence Hall, where Israel was declared a state in 1948.

- Lunch on own.

**OR**

- **Optional Chef Experience (add \$75pp):** A chef accompanies us to the **Carmel Market** for a sensual immersion into the vibrant colors, smells and flavors that make up this bustling marketplace. We wander through the pyramids of spices, brightly colored exotic vegetables, platters of nuts and olives and delicious halva creations. After our introduction to the fundamentals of Israeli cuisine, we **prepare and enjoy lunch** together with our purchases.
- We cap our day with a stroll through the charming **Nachalat Binyamin Craft Fair**, a biweekly market featuring Israeli artisans and entertainers who bring the streets of Tel Aviv to life.
- We return to our hotel for time to relax.
- As evening falls, we join together for **Kabbalat Shabbat** with the innovative members of Beit Tefila Israeli, followed by **Shabbat dinner, joined by IDF lone soldiers** at our hotel.

### Overnight in Tel Aviv

---

### Day 10: Saturday, April 1, 2023: FINAL EXPLORATION

- Breakfast at our hotel, check out and store our luggage.
- This morning, we are challenged by a lecture entitled "**A Snapshot of Palestinian Society**" by Jerusalem Post Palestinian Affairs correspondent, **Khaled Abu Toameh**.

**OR**

- Younger kids or families are invited to simply enjoy some relaxing time by the hotel pool or at the beach.
- Our adventure continues in **Old Jaffa**, the ancient port city where the prophet Jonah set sail, to wander through the cobblestone alleyways and admire the artist galleries, all framed by views of the sea.



- Next, we stroll through **Neve Tzedek**, one of Tel Aviv's oldest neighborhoods, where we see the artistic graffiti painted on the walls and buildings of the community and learn how this is an important form of expression.
- **Optional (\$50/person – pre-register):** Enjoy a **guided bike ride** through the streets of Tel Aviv, seeing the city from a different perspective.
- We return to our hotel to finish packing and check out.
- We complete our journey with a final discussion on all that we have seen and experienced together over our **farewell group dinner** prepared by **Women Who Cook**, featuring women from a variety of culinary traditions - Moroccan, Tunisian, Ethiopian and many more. This initiative was created to empower women and allow them to be economically independent and preserve their rich cultural traditions.
- We transfer to the airport for our overnight flight back to the United States.

---

**Day 11: Sunday, April 2, 2023: UNTIL WE MEET AGAIN**

- We arrive back in Chicago this morning.

## THE MEMORIES LAST FOREVER!!

*\*Itinerary subject to change*

