

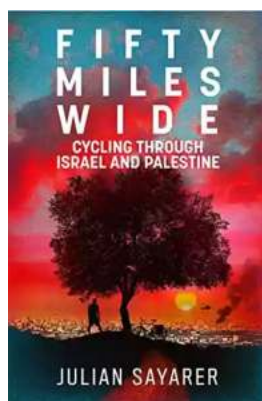
Fifty Miles Wide: Cycling Through Israel And Palestine

When it comes to exploring the rich historical and cultural landscapes of Israel and Palestine, there's an adventure that can truly immerse you in the essence of these lands: a cycling journey. Cycling offers a unique perspective, allowing you to slow down and absorb the details that might otherwise be missed in a fast-paced itinerary. This article takes you on a virtual journey, pedaling through the dusty roads, rolling hills, and intriguing cities that span a region just fifty miles wide.

The Planning Stage: Preparing for the Journey

A cycling adventure of this magnitude requires careful planning, both in terms of logistics and safety measures. It is essential to choose the right time of year for favorable weather conditions and to research the best cycling routes that cater to your preferences and abilities. Consider reaching out to local cycling communities or hiring a guide who can provide insights and support.

It's also crucial to familiarize yourself with the local customs and respect cultural sensitivities. The region holds great religious and historical significance, so it's essential to approach it with an open mind and heart.



Fifty Miles Wide: Cycling Through Israel and

Palestine by Julian Sayarer (Kindle Edition)

★★★★☆ 4.6 out of 5

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Print length : 384 pages



Starting Point: Tel Aviv

Your journey begins in Tel Aviv, a bustling metropolis famed for its lively beaches, vibrant nightlife, and modern architectural wonders. From here, you will gradually venture into the heart of historical Israel and Palestine, exploring ancient ruins, biblical sites, and charming towns.

Leaving the city's bustling streets behind, you embark on your cycling adventure, meandering through the coastal plains towards the ancient port city of Jaffa. With its narrow alleys, vibrant flea markets, and captivating historic buildings, Jaffa offers a glimpse into the region's rich past.

Jerusalem: An Epicenter of Culture and Spirituality

Cycling onwards, your next destination is Jerusalem, a city that needs no . Here, history, culture, and spirituality intertwine in iconic landmarks such as the Western Wall, the Church of the Holy Sepulchre, and the Dome of the Rock. The Old City's labyrinthine streets beckon you to get lost in its charm and mysteries.

Beyond the hustle and bustle of the city, Jerusalem's outskirts offer tranquil cycling routes, allowing you to soak in the breathtaking beauty of the surrounding hills and countryside. As you pedal through the olive groves and vineyards, you'll pass by ancient monasteries and watchtowers that have withstood the test of time.

Journey to the West Bank

Leaving Jerusalem behind, the landscape gradually changes as you venture into the West Bank. Loaded with historical significance, the West Bank provides a unique perspective on the ongoing Israeli-Palestinian conflict. By cycling through the region's smaller towns and rural areas, you'll have the opportunity to engage with local communities, learning about their daily lives and the struggles they face.

Passing Bethlehem, the birthplace of Jesus, you'll continue your journey, absorbing the tension and intricate nuances of this complex region. Cycling through vibrant Palestinian cities like Ramallah and Nablus reveals the resilience and creativity of the local people, who keep their communities thriving despite the challenges they face.

The Coastal Trail: A Breath of Fresh Air

As you near the end of your adventure, you'll hop on a ferry or cross a bridge to reach the Israeli coast. Continuing southward, you'll discover the stunning Mediterranean Sea, with endless stretches of golden sand and crystal-clear waters.

The Coastal Trail invites you to take a breather, savoring the sea breeze as you pedal along the scenic route. Quaint fishing villages, charming coastal towns, and archaeological sites dot the landscape, offering a perfect blend of relaxation and cultural exploration.

Final Destination: The Desert's Charm

Last but not least, your cycling journey will take you into the Negev Desert. This arid and enchanting region features vast, untouched landscapes and majestic canyons. Be sure to explore the ancient city of Be'er Sheva and its well-

preserved archaeological site, Tel Sheva. Let the magnificent desert scenery leave you in awe as you conclude your adventure.

An Unforgettable Experience

A cycling journey through Israel and Palestine is not just about the physical challenge or the stunning scenery. It's an opportunity to connect with the people, their cultures, and the complex history of the region. By embracing the slower pace of travel, you'll gain a deeper understanding of the lands you pedal through and the stories they hold.

Remember, cycling is a powerful means of fostering connections and promoting dialogue between communities. Tread lightly, respect the spaces you visit, and leave a positive impact both on the people you encounter and the environment you enjoy.

So, are you ready to embark on this extraordinary adventure, cycling through a land just fifty miles wide?



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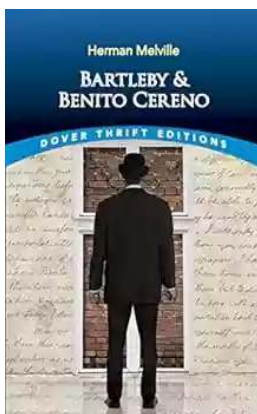


BY THE AUTHOR OF INTERSTATE, WINNER OF THE STANFORD DOLMAN TRAVEL BOOK OF THE YEAR

Ten years after breaking a world record for cycling around the world, award-winning travel writer Julian Sayerer returns to two wheels on the roads of Israel and occupied Palestine.

His route weaves from the ancient hills of Galilee, along the blockaded walls of the Gaza Strip and down to the Bedouin villages of the Naqab Desert. He speaks with Palestinian hip-hop artists who wonder if music can change their world, Israelis hoping that kibbutz life can, and Palestinian cycling clubs determined to keep on riding despite the army checkpoints and settlers that bar their way.

Pedalling through a military occupation, in the chance encounters of the roadside, a bicycle becomes a vehicle of more than just travel, and cuts through the tension to find a few simple truths, and some hope. As the miles pass, the journey becomes a meditation on making change - how people in dark times keep their spirit, and go on believing that a different world is possible.



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