



Culinary Experience:

Day 1: Tel Aviv

- Abu Hassan, for a traditional breakfast of hummus and masabacha with pita and a side of pickles at one of the country's famed humussiyas,
- Jaffa Port for exploration of gelatoes and local microbrews
- Shuk Levinski, foods of Jewish communities from around the world that have gathered in the Holy Land, Greek cheeses, Turkish desserts, North African Borekas, and Eastern European pickled fish.
- Café stop for a coffee on Rothschild Boulevard to soak up the café culture of the city
- Carmel Market to see where old meets new at the souk where Tel Avivians have been buying their staples since the early days of the metropolis's history.

Day 2: Hill country

- Kibbutz Tzora for wine tasting
- Clos de Gat, a winery whose facilities are housed in the very structures where Yitzhak Rabin set up his headquarters as commander of the Jerusalem front of the Israeli army in Israel's War of Independence in 1948
- Goat farm of Shai Zeltzer in Sataf for a tasting of the freshest cheeses and yogurt in the country
- Microbrewery overlooking Jerusalem Hills

Day 3: Judean Mountains

- Abu Ghosh, a city known throughout Israel as legendary for its hummus
- Flam winery for wine and cheese tasting
- Mitbach Shel Rama for an elegant lunch and tour at Rama's spice farm
- Har Adar for a viewpoint from Jerusalem to the Mediterranean and explore the history of this complex region
- Chocolate factory to make some candy to bring us throughout our journey
- Short hike up to the ruins of a Crusader fortress
- Majda, a Middle Eastern soul food restaurant just outside Jerusalem run by a Jewish-Muslim couple.

Day 4: Coast and Mount Carmel

- Traditional Druze cuisine with labaneh
- Malka Microbrewery
- Elegant, rural, home-style lunch and afternoon yoga off the grid in Klil
- Seafood meal on the Mediterranean in Akko

Day 5: Galilee



- Beit Lehem Haglilit to visit and harvest at a spice farm
- Visit an olive oil press
- Fine Dining lunch in Nazareth
- Wine and cheese tasting in the Galilee
- Dinner of Middle Eastern spread and grilled St. Peter's fish

Day 6: Golan Heights

- Beehives for boutique honey production
 - Tour of De Karina chocolatiers
 - Pelter Winery for lunch
 - Visit to the dairy and wines of Kibbutz Ortal
 - Free-range steak feast at Moshabotz
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