

Shimshon's Cave

Trail Stats:

Distance: 3 or 7 km

Difficulty: Strenuous

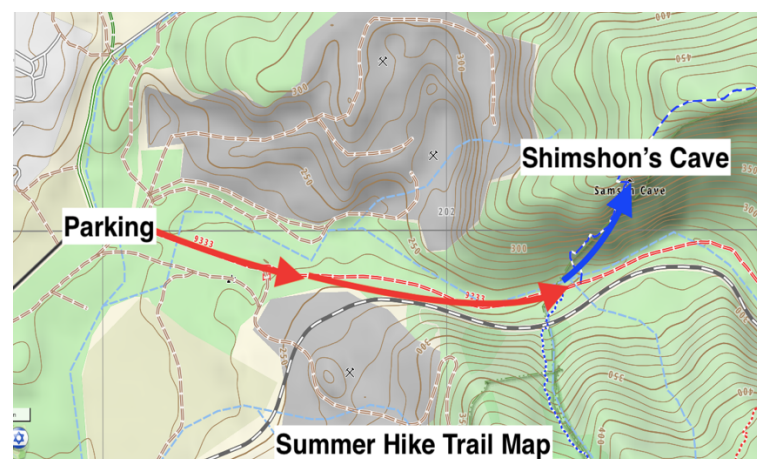
Total Ascent: 155 to 525 m

Length of Time: 3-4 hours

Waze:

Summer Hike: [Get there with Waze](#)

Winter Hike: [Get there with Waze](#)



Route Description:

Shimshon's Cave is a large, open cave halfway up a mountain. It is a great place to escape from the sun or the rain. The opening of the cave looks out on gorgeous, panoramic views out to the surrounding area. From up top, you can see the hills, the Sorek River snaking through the valley, and a picturesque railway line.

There are two ways to hike to Shimshon's Cave. On the longer, less intense route (the "Winter Hike" Waze link), you begin above the cave, and climb down towards it. On the

shorter, more intense route (the "Summer Hike" Waze link), you climb straight up to the cave from the valley.

Both of the trails begin near the Beit Shemesh area. The best way to find your way to the start of the trail is to use the Waze links above.

The trailhead for the summer trail can be a little hard to find, as it is located in a quarrying area which is often filled with construction vehicles. Once you're there, follow

the red trail to cross the river, then follow the blue trail up the side of the mountain. The turnoff to Shimshon's cave is a clear marked trail.

The trailhead for the longer trail is located right outside of the community of Kisolon. Follow the blue trail all the way down until you reach a clear marked turnoff to the cave. This hike is about 3.5 kilometers each way.



Notes on the Season:

The short trail is only open from March through October. During the rainy season, the crossing at Sorek River is closed (it can be dangerous when the river is very full). The longer trail is open all year long.

On summer days, make sure to wear a hat and sun protection. Both of these trails are mostly exposed.

MORE INFO: [Climb to Shimshon's Cave](#) and [Shimshon's Cave: a New Approach](#)

