

# Jerusalem Area Hiking Guide

## Can You Hike Near Jerusalem?



Jerusalem: it's the capital of Israel and the world's holiest city. In Israel, tourists flock to Jerusalem to see the city's holy sites, museums, and marketplaces. But unbeknownst to many, the city of Jerusalem is nestled inside an area of great **natural beauty**.

Nature loving locals are well acquainted with the vast network of walking trails around Jerusalem. There are mountain trails and lowland trails, hikes to caves and hikes to natural springs. Some of the trails take you on a journey

through ancient history. But all of the area's best hikes have one thing in common: quintessential Mediterranean beauty. Gnarly oaks, olive groves, fig trees, and other indigenous plants can be found along almost any hiking path near the Holy City.

The Jerusalem region is subdivided into two natural parts: the Jerusalem Lowlands and the Jerusalem Mountains. Lowland hikes are known for plentiful flowers in the winter and spring time. Jerusalem Lowland hikes are peppered with ancient caves and Biblical relics of the past. The terrain on these trails tends to be flatter and the daytime temperatures higher.

Jerusalem Mountains trails, on the other hand, usually lead through forested areas. Many of the best mountain hikes around Jerusalem