

# Hiking Basics

## INTRODUCTION

### How to Start Hiking in Israel



Israel: it's one of the most important countries in the world. With its rich history and religious significance, tourists flock to the country. But what many people don't know is that Israel is **also** a hiker's paradise.

I've been hiking through Israel for years. The more I explore, the more I believe that our country is home to an incredible variety of natural beauty that anyone can enjoy. Our land is also equipped with a network of well-marked and accessible trails. There are paths for every type of hiker: from handicapped accessible walkways to well-maintained adventure trails.

So...natural beauty + marked trails = ultimate hiking pleasure, right?

Not so fast. As with any activity in a new country, it can take time to learn the ins and outs of hiking in Israel. Many newbies and visitors find themselves confused about basic things, like how to follow trails or what to pack for a hike. This eBook will try to address those questions and explain everything you need to know to start your hiking journey through Israel's great outdoors.

I'll explore topics like seasonal hiking in Israel, the geography and topography of Land, and what to put in that hiking backpack for a day's adventure.

Some of it may seem a bit confusing, but by the end, you'll be ready to get out there and begin your Israel hiking adventures.

Let's get started!