



JERUSALEM MARATHON

16TH MARCH 2012 WITH HALFMARATHON
AND 10 K RUN



After a wonderful start with our first running trip to Jerusalem and an amazing and exciting first marathon in Jerusalem we will come back in 2012 too in the very interesting holy land Israel. With round about 8000 participants in all races and a challenging and hilly course, Jerusalem could say that they have the most hilly city marathon. The major of Jerusalem is marathonian himself, he ran the half in 2011 and he support the run to grow up. Also the government of Jerusalem has a partnership since a lot of years with Berlin Marathon.

Jerusalem, the capital of Israel, is a city filled with culture and history. How can mere words illustrate the importance of this city to the Jewish, Christians and Muslim faiths? How can we express the incredible array of sites, museums and culture on offer without having to produce a document of biblical proportions? Because of the above, Jerusalem must be seen to be believed. A lot of interesting sights like the Town of David, the Old City, the Mount of Olives, many museums, markets, the Gates and much more.

All in all, a visit to Jerusalem will treat your mind, heart & soul to an experience it will never forget. Jerusalem is not just about history and religion. The City also offers also a wide range of fantastic Hotels, fine restaurants, music, art and dance festivals and nightlife.

The magical town of Jerusalem offers an exceptional setting, optimal climate in march for running and a beautiful circuit. It goes along the alleys of palm trees, orange, and olive-trees, but also the ramparts of the city.

In 2012 we will offer also a short trip about 4 nights including flight and the week with 7 nights, including flight and the long stay also with guided tours to Jericho and a tour to Sea of Galilee, Nazareth and Yardenit.

We are personally on-site and accompanying persons sincerely welcome!



Course of action

Your arrival is on **wednesday, the 14th march 12** by group flight with El Al from Munich. If you need a connect flight do not hesitate to ask us for costs. After arriving in Tel Aviv we have organised a transfer with our partner agency from airport to hotel.

Our 3 star Hotel is located between Kiryat Moshe neighborhood and Givat Ram in Western Jerusalem, at the corner of Herzl and Rabin avenues, near the new Calatrava railway bridge and the main museums and national government buildings. It offers 180 rooms at, fully air-conditioned and equipped with a bathroom, direct dial telephone, a hair dryer and cable TV. There is also an in-room safe, a swimming pool and a fitness area. The luxurious dining room overlooking the pool and garden serves rich and variable breakfast, lunch and dinner. The Lobby Lounge offers light dairy meals – pastas, salads, pastries, etc.



On **thursday the 15th march 2012** after breakfast we will meet up for a panoramic city tour by bus. In the afternoon we will visit the Expo and pick up our startnumbers. After that we carboload at Pasta Dinner.

On **friday, the 16th march 2012** we are going together to the start area, it would be a walk about 15 minutes. Start is in front of Israeli Parliament and the finish line is at Park Gan Saker. After the race we use the showers at our hotel. In the evening we have our common dinner to talk about the run and to plan the next day.

Information about Marathon

The hilly course goes along the most important sights of Jerusalem::



Mount Scopus / Giv'at HaTahmoshet / the Old City Wall / Jaffa Gate / Zion Gate / the Knesset / the Israel Museum / the Science Museum / the Supreme Court / the Hebrew University and last the finish at Park Gan Saker.

The smooth and dry climate is also fine for a great running experience! Temperatures are between 8 and 15 degrees. The points of supplying are installed approx. every 3 kms (isotonic drinks and orange sections) until arrival.

Marathon-Infos:

- Start: Israeli Parliament
- Finish: Park Gan Saker
- Time: 7.00 am Marathon, 8.00 am Halfmarathon, 8.25 am 10k
- Timelimit: 6.00 h
- Measurement: Chip
- Average temperature: 8-15°C

The journey in brief:

14.03.12: Arrival and transfer to hotel, dinner

15.03.12: City Tour in Jerusalem by bus, Visit Marathon Expo and picking up startpackage, Pasta Dinner

16.03.12: Day of run; the afternoon is for leisure; common dinner

17.03.12: Guided half day tour in german in the Old City of Jerusalem; guided visit Israel museum and city model of Jerusalem; Dinner

18.03.12: For guests with short trip: transfer to airport and departure. For all others: guided day tour with german speaking Guide Sea of Galilee, Nazareth & Yardenit; Dinner

19.03.12: Day for own experience or optional tours: Desert Tour Wadi Zin Bethelhem Massada & Dead Sea; Dinner

20.03.12: Guided day trip in german to St. Georgs monastery & Jericho; Dinner

21.03.12: Transfer to airport and departure; packed breakfast

We are not liable for changes which are managed by the organizer of Jerusalem-Marathon.

At **saturday, the 17th march 2012** we have a guided tour in german for a half day through the Old City of Jerusalem. After a little break for lunch we have a guided visit of Israel museum and see the city model and the old Dead Sea scrolls; Dinner at hotel.



At **sunday, the 18th march 2012** the guests who have booked the short trip will have their transfer to airport. With all others we will take part at a guided day tour to Sea of Galilee, Nazareth & Yardenit. Dinner at hotel.

Monday, the 19th march 2012 is free for your own disposition. You could take the bus to Tel Aviv, visit the Rockefeller Museum, explore east and west parts of Jerusalem or make a walk at ramparts. Optional you have the possibility to take part at various day tours:

Desert Tour Wadi Zin: DRiving by bus south to Sde Boker in Negev Desert, visit Ein Akev, a pool of fresh water, then visit Ein Zik, a lovely oasis with hundret of palm trees, following small springs, go a path through the dense vegetation and have a picnic lunch.

Bethlehem: Driving by bus to Manger Square and visit Church of the Nativity, the milk grotto as well as Shephard´s Field.

Massada & Dead Sea: Driving by bus along the shores of the Dead Sea to Massada. Here you will learn about the heroic story of the Jewish Fighters. Ascend by cable car and tour the mountain fortress. Visit the remains of the walls, palaces, synagogue, water cisterns, mosaic floors and Roman baths. Continue to the Dead Sea, where you will enjoy the unique opportunity to swim and float in the Dead Sea. Dinner at hotel.



At **tuesday, the 20th march 2012**, we have a common guided tour to St. Georgs Monastery, located in Wadi Qelt. This six century cliff-hanging complex with it´s ancient gardens and chapel is active and inhabitant by Greek Orthodox monks. After that continue to Jericho, believed the world oldest town which was always inhabited. Jericho is described in the Hebrew Bible as the "City of Palm Trees". Take the cable car to Mount Temptation. Common dinner at hotel.

The minimal participants for all these optional tours is 10. We ask to enter to the tours in advance at our entry form.

At **wednesday, the 21th march 2012** we will have our transfer to airport and departure at 6. am to Munich. You will get a packed breakfast from hotel.

Our offer

Rates per person – Short trip Travel from 14.03. – 18.03.2012	Doubleroom	Tripleroom	Singleroom
4 Nights in our good 3 star hotel (tourist class) with en-suite bedroom, breakfast and dinner, Panoramic –city tour, guided half day tour in german through the Old City, guided visit of Israel Museum and City model of Jerusalem; Pasta Dinner for Marathon/halfmarathon participants; Group flight with El Al from/to Munich*; Transfer airport Tel Aviv – Hotel - airport Tel Aviv, Service on site by Sonja, plus entry fee	1.259,-€ (799,-€ with own travel arrangements)	1.189,-€ (729,-€ with own travel arrangements)	1.379,-€ (919,-€ with own travel arrangements)

Rates per person – one week Travel from 14.03. – 21.03.2012	Doubleroom	Tripleroom	Singleroom
7 Nights in our good 3 star hotel (tourist class) with en-suite bedroom, breakfast and dinner, Panoramic –city tour, guided half day tour in german through the Old City, guided visit of Israel Museum and City model of Jerusalem; day tour with german speaking guide to Sea of Galilee; day tour with german guide to St. Georgs monastery & Jericho; Pasta Dinner for Marathon/halfmarathon participants; Group flight with El Al from/to Munich*; Transfer airport Tel Aviv – Hotel - airport Tel Aviv, Possibility to take part at various day tours in german; Service on site by Sonja, plus entry fee	1.535,-€ (1.145,-€ with own travel arrangements)	1.498,-€ (1.108,-€ with own travel arrangements)	1.830,-€ (1440,-€ with own travel arrangements)

* If you need a connecting flight do not hesitate to ask us for costs

Entry fee Marathon	Entry fee Halbmarathon	Entry fee 10 k	Pasta Dinner
40,-€ till 15.01.12 45,-€ 16.01.-06.03.12	32,-€ till 15.01.12 35,-€ 16.01.-06.03.12	20,-€ till 15.01.12 25,-€ 16.01.-06.03.12	12,00€

Closing date is the 15th January 2012. After this please request. The smallest number of participants is 12.

Important:

For the trip to Israel you need a passport which is valid six month at the date of beginning the trip. Please check yourself if your country is listed for a required visa. For our trip and the visits we are asking for modest dress, no shorts or sleeveless shirts and head covering are required for visiting holy sites. For the day tours also comfortable walking shoes, head covering, sun protection lotion. Bathing suit and towel are recommended for Dead Sea and Desert Tour. Entrance fees are included at all day trips, not included is lunch/drinks. For the tour to Bethlehem & Jericho a valid passport is required.

Security

Our trip is subject to instructions of Ministry of Foreign Affairs and could be cancelled if the situation demands it.

Our benefits at short trip:

- 4 nights in our hotel (tourist class) included breakfast and dinner (drinks not included)
- Formalities of registration
- Pick up Startnumbers & Marathon Expo
- Pasta Dinner for Marathon/Halfmarathon runners
- Escort to start
- Flight with El Al from/to Munich
- Transfer from/to Airport Tel Aviv
- Panoramic City-Tour Jerusalem
- ½ day guided walking tour in german through the Old City of Jerusalem and
- Guided visit of Israel Museum with shrine of book and Jerusalem City Modell
- Packed breakfast at departure day
- Personal support on location by Sonja & Martin
- Breach of warranty

Our benefits at long trip:

- 7 nights in our hotel (tourist class) included breakfast and dinner (drinks not included)
- Formalities of registration
- Pick up Startnumbers & Marathon Expo

- Pasta Dinner for Marathon/Halfmarathon runners
- Escort to start
- Flight with El Al from/to Munich
- Transfer from/to Airport Tel Aviv
- Panoramic City-Tour Jerusalem
- ½ day guided walking tour in german through the Old City of Jerusalem and
- Guided visit of Israel Museum with shrine of book and Jerusalem City Modell
- 1 day tour guided in german to Sea of Galilee, Nazareth & Yardenit
- 1 day tour guided in german to St. Georgs Monastery & Jericho
- Packed breakfast at departure day
- Personal support on location by Sonja & Martin
- Breach of warranty

optional:

- Guided tours in german at 19th march 12; please enter at our entry form
 - Massada & Dead Sea (bathing suite), entries included, costs per person €95,-
 - Desert Tour Wadi Zin (bathing suite); Lunch-Picnic; costs per person €150,-
 - Betlehem (passport!); entries included, costs per person €75,-
- Connecting flights

We recommend urgently to book a travel cancellation and a travel health insurance or to book an "all around careless package". Our partner is called „Die Europäische“. We are happy to take on the booking for you.

If you book a travel cancellation insurance by **LaufKultTour** the entry fee is refundable!

The registration based on description of the above-named travel and the general terms and conditions of **LaufKultTour**. You can find this terms on our website www.laufkulttour.de and we send them to you with our confirmation.

Fotos: LaufKultTour, Leonardo Inn