

Walk across Palestine to help raise money for Medical Aid for Palestinians

TREK PALESTINE 2019

23 – 30 OCTOBER



APPLY NOW ONLINE

www.map.org.uk/trek2019



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Call today on: 020 7226 4114



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Registered Charity no: 1045315

MAP
MEDICAL AID FOR PALESTINIANS

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WALK ACROSS PALESTINE AND HELP RAISE FUNDS FOR MEDICAL AID FOR PALESTINIANS

Medical Aid for Palestinians (MAP) works for the health and dignity of Palestinians living under occupation and as refugees.

Following the success of our Cycle Palestine events in recent years, MAP has decided to launch **Trek Palestine**, a challenge event for experienced walkers. You will be asked to raise a minimum sponsorship of £2,500 that will support MAP projects in West Bank, Gaza and the refugee camps in Lebanon.

The trek includes ancient trade routes and historical landmarks. You will also witness for yourself the challenges Palestinian communities face living under occupation.

You will discover the dramatic landscape of the Jordan Valley. Visit Jerusalem, Bethlehem and many other fascinating and troubled cities. There will be a huge amount of fun and friendship along the way, beautiful scenery and rich history as you take up this inspirational challenge.

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ROUTE MAP



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THE ITINERARY

Join MAP for a stunning 100km walking challenge across the West Bank, Palestine. This trekking adventure is a once in a lifetime opportunity to do something amazing and raise vital funds for Medical Aid for Palestinians.

DAY 1

ARRIVAL IN NABLUS

Journey to Palestine and our first overnight stay in a hotel in Nablus.



DAY 2

NABLUS TO DUMA

Transfer to Awarta – Start walking from Awarta towards Duma – Lunch in Aqraba – Continue walking to Duma – Overnight with local families in Duma.

Walk from village to village and encounter the stunning views of the Jordan Valley in the background.

We will start the trek at Awarta where the trail leads out of the village following a ridge with expansive views of the Palestinian hilly countryside. We will pass by Mount Orma where the remains of an ancient – likely Roman – watchtower and spacious cisterns cut into the mountain's face.

A few kilometers ahead, the trail passes through Aqraba, a village whose name (scorpion in Arabic), according to oral tradition, came from Canaanites who compared Aqraba's inhabitants' strength to that of scorpions. From Arqaba, the route takes hikers along the rim of the Jordan Valley with incredible views of Jordan and Al-Qarn (or Sartaba), an ancient mountain-top fortress. Continuing through the village of Majdal Bani Fadil, the trail ends in Duma, a Palestinian village whose name comes from the Canaanite word for quietness or rest.



Join MAP for an unforgettable experience in Palestine.

SIGN UP TODAY!

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DAY 3

AIN SAMIA TO AUJA AND ON TO JERICHO

Transfer to Ain Samia start walking to Auja – Lunch by the Bedouin community in Auja – Transfer to Jericho – Visit Jericho – Transfer to Aqbet Jaber.

Jericho, one of the oldest cities in the world, with a calm atmosphere and rich heritage is a true oasis to all walkers.

The section begins in an area of spacious plains in the Jordan Valley and passes by the tents of the Bedouin community of Wadi al-'Auja. The trail enters Jericho, one of the oldest cities in the world. Visitors can enjoy a visit to the Mount of Temptation.



DAY 4

NEBI MUSA TO MAR SABA TO BETHLEHEM

Transfer to Nebi Musa – Walk to Mar Saba – Lunch on route – Transfer to Bethlehem – Tour at the separation wall in Bethlehem – Visit the Wall Off hotel – Overnight at a hotel in Bethlehem.



The winding trail will take you down into the Kidron Valley full of caves of various sizes which, in the Byzantine times, were inhabited by monks.

Tal al-Qamar means in 'Arabic Hill of the Moon'. The site, which is remote from the hustle and bustle of the city life is a perfect spot to watch a full moon or stargaze. The trek starting at Tal al-Qamar will lead across the serene landscapes of the Jerusalem Wilderness towards the famous Bethlehem. On the way, hikers will climb some rocky hills but will also have some time to sit, close their eyes, and feel the relaxing atmosphere of the surrounding space.

After leaving the Bedouin desert, the Masar (the trail) will take walkers step-by-step through rural Palestinian life, discovering meadows and serene villages. Then more urban life awaits in Beit Sahour and Bethlehem, the place of Jesus's birth. Walkers will have time to visit the Church of the Nativity.

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DAY 5



TUQU' TO RASHAYDEH

Transfer to Tuqu' – Walk to Rashaydeh – Lunch on route – Continue walking to the Bedouin community in Rashaydeh – Overnight at Rashaydeh Bedouin community.

Encounter the generous Bedouin hospitality. Your hosts will make sure to take you to the best lookout on the Dead Sea in the area.

This hike will take you from Tuqu' through Wadi el-Jihar to 'Arab ar-Rashayida village. Here in Bedouin lands you will see their camels and livestock in pastures. The path descends into the spectacular Wadi el-Jihar, a deep limestone canyon in the desert. The caves there have been used for homes for a long time.

The hike from Tuqu' to Wadi el-Jihar will take about 4 hours; the terrain is rocky, with a few small climbs. Once you emerge from the valley and come to 'Arab ar-Rashayida village, you will have the opportunity to try a traditional Palestinian meal with a Palestinian family in their Bedouin tents.

DAY 6

RASHAYDEH – BANI NAIM – HEBRON

Short walk to Bani Naim – Lunch in Bani Naim – Transfer to Hebron – Tour at the Old City of Hebron – Transfer to Jerusalem – Overnight at a hotel in Jerusalem.

After leaving the desert, you will head towards Beni Na'im, a tranquil village famous for the grape groves surrounding the area.

There, your hosts will treat you with freshly made grapes molasses called dibis for breakfast or serve a platter of savory Palestinian grape leaves stuffed with a mixture of meat and spiced rice for lunch.

This section of the Masar takes you from the mountainous region where Ibrahim interceded on behalf of Lot's people in Sodom and Gomorrah and brings you to the Cave of the Patriarchs and the Ibrahimi Mosque in Hebron.

You will be travelling on rocky roads and uneven ground but will come to an agricultural region with groves of olive trees. A tour of the old city of Hebron and the Ibrahimi Mosque will introduce you to the rich complexities of the historical and cultural heritage and the current political situation. Enjoy the opportunity to eat a traditional meal in the centre of Hebron.

DAY 7

JERUSALEM

Walking tour of Jerusalem in the morning. Afternoon and evening to do your own thing.

DAY 8

DEPARTURE

Transfer to the airport and flights home.



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IN PALESTINE WITH MAP

One of the cyclists from our Cycle Palestine event, 72-year-old Judith took on the challenge and visited Palestine with MAP. Judith tackled the hills and heat with a smile on her face and was an inspiration to the entire group. Here is what Judith has to say about her experience with MAP:

MAP's Cycle Palestine was a brilliant experience for me. Knowing I was the oldest in the group, and just a leisure cyclist, I trained well beforehand, and although not the fastest, I was able to master the hills. The group camaraderie,

excellent organisation and support, stunning scenery, informative guides, and the enthusiasm of the Palestinian children, are all treasured memories. A challenge superbly rewarded.

Thanks to the success of Cycle Palestine, MAP has launched Trek Palestine. Join MAP for this unforgettable adventure.



WHAT SUPPORT WILL THERE BE AND WHAT IS INCLUDED ON THE TREK?

SUPPORT ON THE TREK

MAP has partnered with Siraj Centre, a local non-profit tour group based in Bethlehem who specialise in treks and bike rides in Palestine. Their local knowledge, experience and expertise will ensure that Trek Palestine will be a memorable experience for everyone.

The team at Siraj will have expert guides on hand, with support vehicles to carry everything that's needed for the trek. The local team are well trained and prepared for any emergency or disruption to the trek. Your safety is our main priority.

FITNESS AND TRAINING REQUIREMENTS

Trek Palestine is a challenge event with heat, hills and distance. The route will require you to be fit, healthy and well trained to successfully and safely participate.

There will be fitness targets for you to reach before the trip. These will need to be achieved by each participant and evidenced before leaving for the trip. Your health and safety is our priority. Meeting these set fitness goals will only make you better prepared for the trek.

If you have questions or concerns about meeting these fitness targets, please contact us to discuss.

Call us on 020 7226 4114, or email fundraising@map.org.uk



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WHY TREK WITH MAP?

We aim to raise £100,000 to support MAP's projects in West Bank, Gaza and the refugee camps in Lebanon.

You could be part of the team that makes a huge contribution to our humanitarian work in 2019 and help us reach Palestinians striving for health and dignity.

With your fundraising efforts you will be helping Palestinians who are living under occupation and as refugees.

Thank you

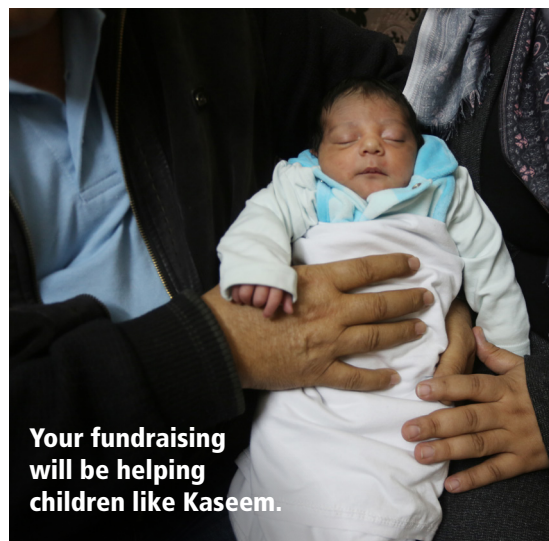


GAZA CASE STUDY

Kaseem struggled to breathe from the moment he was born. His lips turned blue and his rapid, shallow breaths told doctors something was seriously wrong. But at his local hospital in Gaza, they didn't have the medication or the equipment needed to save Kaseem's life.

His worried parents stayed by his side as he was rushed to the neonatal unit at Al Naser Children's Hospital. Kaseem's mother, Fadeela, told us, "At Al Naser Hospital, the doctors discovered that my son's lungs weren't completely grown and he needed to be injected with a special medicine. Luckily, the medicine was in the unit and my son was injected with it."

The medicine was surfactant, a common neonatal treatment. But in Gaza, many medicines are in desperately short supply. Luckily, MAP and our supporters have been helping to keep the neonatal unit at Al Naser stocked with the most vital medication. Without it, the neonatal team would have been powerless to save Kaseem.



Your fundraising will be helping children like Kaseem.

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CHALLENGE Q & A

How much do I need to fundraise?

Once you have paid your deposit of £350 you will need to raise an additional minimum of £2,500 in sponsorship.

How does registration work?

To take part, you are required to pay a non-refundable registration fee of £350, which is used to administer the event and secure your place.

Cost Breakdown

Deposit (non-refundable)	£350
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Total to fundraise	Minimum £2,500*
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*£920 of which will go towards accommodation, meals and ground support

Optional Extras

Travel Insurance (booked as a group via MAP)	£35*
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To qualify for the group insurance you will need to be between 18 – 69 years old and have no major in-patients hospital visits in the last 5 years.

*Your own insurance must specifically fully cover international trekking.

Single bedroom supplement	£200
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Do I book my own flight?

We will pre-book a limited number of return flights from London to Tel Aviv. If you choose to fly from another city, you will be asked to book your own flights, though you can claim a £350 discount from your sponsorship target.



Can I pay the costs of the trip so all donations are going to MAP?

Yes. You can pay the £920 to cover the cost of the trip that would otherwise be taken out of your £2,500 fundraising total. Should you choose to pay the travel costs, all funds will go directly to MAP projects.

Is there an age restriction on those taking part?

All participants must be 18 or over on the first day of the trip.

How fit do I have to be?

This is a **challenging** trek, so it is very important you follow a course of training before the event. This trek is for walkers with some experience of long distance, and rough terrain trekking. MAP will provide a professionally designed, comprehensive training plan. You will need to evidence your training using STRAVA app or equivalent by certain dates before the trek. You must be able to comfortable walking at least 4 hours consecutively.

What are the trails like?

The trails in the West Bank are in a good condition. However, there will be many hills to climb and pathways along steep ravines, sometimes on tough terrain. The heat also affects the ability to walk, so if you can, we recommend training in summer and hot gyms.

Where will we sleep overnight?

We will stay in hotels in shared twin rooms unless you request the single supplement. Hotels and homestays range from basic to resorts. The Bedouin tents are sheltered, with mattresses and blankets, but very basic. All hotels, meals*, snacks, ground support and airport transfers are covered.

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What is NOT included?

- Any additional fees with your flight (checked luggage, bike transport, extra legroom, etc.)
- Lunch on the final two days
- Optional MAP-provided insurance if you do not have your own (£35)

What about insurance?

You can select to purchase insurance through MAP or you can take out your own personal travel insurance covering emergency health care, accident, loss and repatriation. Please ensure your insurance specially covers multi-day walking touring.

Will I need a Visa to travel to Palestine?

Access to Palestine is controlled by Israel. British citizens do not need a visa to enter Israel, but the Israeli authorities require all visitor passports to be valid for at least six months from the first day of the trip. **You will need to supply a copy of your full passport, including details of any stamps or visa you have, to MAP.** If you are a supporter of BDS (Boycott, Divestment, and Sanctions movement) the Israeli authorities may deny you entry.

Is it safe to visit the West Bank?

We take every precaution to ensure you are safe while travelling in the West Bank. MAP has been working in the West Bank for over 20 years. For this trek we will be guided at all times by the experience and knowledge of our local partners. The safety and well being of the group is our priority.

Is there a cancellation policy?

Yes. This is outlined in our terms and conditions document.

How many people are going on the trip?

We estimate between 20 – 30 people.

Sponsorship Targets

- 25%** of target income raised by **24 July 2019**
(3 months before trek) – £625
- 50%** of target income raised by **28 August 2019**
(2 months before trek) – £1,250
- 75%** of target income raised by **25 September 2019**
(1 month before trek) – £1,875
- 100%** of target income raised by **30 November 2019**
(1 month after trek) – £2,500

I have more questions about the trek. How do I contact MAP?

You can contact us at fundraising@map.org.uk
Or call 020 7226 4114.

HOW DO I APPLY?

To apply for this amazing opportunity and make a difference for Palestinians living under occupation and as refugees, please submit an online request

www.map.org.uk/trek2019



PLEASE NOTE that some details of the Trek Palestine, as advertised in this pack, might change.