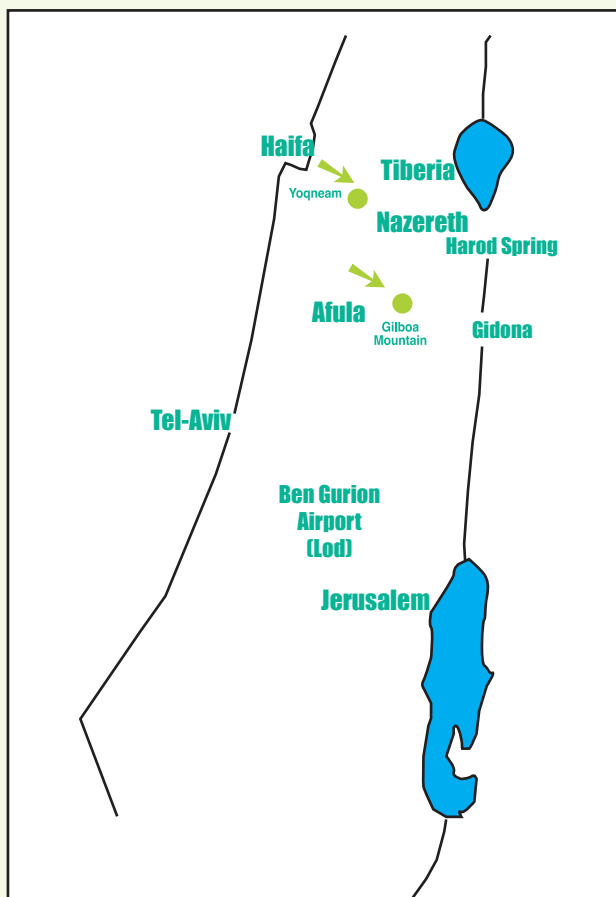


Map of part of Israel including  
Tel-Aviv, Ben-Gurion airport,  
Jerusalem, Haifa, Tiberias,  
Nazareth, Yoqneam



Life is Movement

Application Form for the  
International Gilboa 2-day Walk  
4<sup>th</sup> – 5<sup>th</sup> April 2025  
20 km each day

Ms./Mr. ....  
First Name Family name

Address: .....

Country: .....

Date of birth: .....

Tel: .....

Fax: .....

E-mail: .....

**Remarks:** Please use one form per applicant. Should extra forms be required, please make photocopies.

**Fax or mail to:**  
Israel Sport for All Association: 74 Menahem Begin Road,  
Tel-Aviv 67215, Israel. Fax: 972-3-5621625,  
E-mail: isfa@zahav.net.il

The 23<sup>rd</sup> International 2-day Walk

1 **Start & Finish** Ma'ayan Harod on the slopes of Mount Gilboa, Valley of Israel (in Hebrew "Emek Israel"). See map on this leaflet.

2 **Course** There is one course on Friday 4<sup>th</sup> April 2024 and a different course on Saturday 5<sup>th</sup> April. The distance is 20 km on both days.

The start 6:30 - 8:30  
The final finish time is 14:00.



The 23<sup>rd</sup> International Gilboa Walk  
Recognized by the  
IML Walking Association

Friday & Saturday  
4<sup>th</sup> – 5<sup>th</sup> April 2025

Organized by the Israeli Sport for All Association (ISFA) and the Gilboa Regional Council (Gilboa R.C.)

**ISFA:** Tel: 972-3-5621441  
Fax: 972-3-5621625  
Mobile: 972-50-5701011  
E-mail: isfa@zahav.net.il  
www.isfa.co.il  
Address: 74 Menachem Begin Road, Tel-Aviv

**Gilboa R.C:** Tel: 972-4-6071208  
Address: Ma'ayan Harod, Emek Israel (Valley of Israel)

Welcome

Dear Walking Friend

We are very happy to announce that the 23<sup>rd</sup> International Gilboa 2-day Walk will be held on the Gilboa Mountain on 4<sup>th</sup> - 5<sup>th</sup> April 2025, as the only IML (IML Walking Association) event in Israel.

We would like to give a warm welcome to all the walking friends from all over the world.

Au-Revoir in Israel !  
Organizing Committee, 23<sup>rd</sup> International Gilboa 2-day Walk.

# Directions

Mount Gilboa is situated in the valley of Israel (in Hebrew: "Emek Israel")

The distance from Mount Gilboa to other important towns in Israel is as follows:

Mount Gilboa to Tel-Aviv.....about 110 km  
 Mount Gilboa to Tiberias.....about 35 km  
 Mount Gilboa to Ben-Gurion Airpor.....about 120 km  
 Mount Gilboa to Haifa.....about 40 km  
 Mount Gilboa to Jerusalem.....about 160 km  
 Mount Gilboa to Nazareth.....about 30 km  
 Mount Gilboa to Yoqneam.....about 30 km

## List of Accommodations

Name	Phone	E-mail
Olive Gilboa	972-4-9577333	group@olivebb.com
Beth Alpha	972-4-6533026	bb_ba@betafa.org.il
Beth Shean Family	972-4-6060760	beitshean@iyha.org.il
Tirat Zvi	972-4-6078884	cafri@tiratzvi.org.il
Kfar Yehezkel	972-4-6532888	porata@netvision.net.il
Kfar Rupin	972-4-6068396	dglasner@kfar-ruppin.org.il
Ma'ayan Harod	972-2-5945589	mayanh@iyha.org.il
Neve Eytan	972-4-6063614	zlaburan@gmail.com
Nir David	972-4-6488525	shivuk@nirdavid.net
Ein Harod Ichud	972-4-6486083	office@ein-harod.co.il
Shluchot	972-4-6062200	zimer1@shluhot.org.il
Benharim	972-4-6070702	benharim@smile.net.il
Casa Babi	972-4-6499982	aybenn@012.net.il
Ram-On	972-4-6499562	hymssigdyhn@barak.net.il

## Walk Information

- Every participant in the Gilboa International walk is required to walk 20 km per day by the IML rules.
- IML passports will be stamped on the second day of the walk, upon presentation of properly marked marching cards.
- Any person in good health condition can participate in the walk. Disabled persons and infants must be accompanied.
- Participants should abide by the walking rules.
- Submission of medical check certificate is not required. However, participants are strongly urged to take a medical check.
- The entry fee is non refundable, regardless of the reason of cancellation.
- Participants are required to walk with the "Participants card" and give it for endorsement 4 times during the course each day.
- According to IML rules, seniors over age 70 can walk a shorter route of 10km each day.
- There is citrus and water provided by the organizers. Other refreshments can be purchased at the star / finish point and along the route of walking.
- Participants can use free medical aid stations at start/ finish point and along the course. flags, banners etc. are welcome.

The month of April is spring in Israel and the weather is good. Average day time temperature 20°C, averaged night time temperature is 12°C.

## Walk Information

### Pre-Registrations

Complete the Application Form and mail it to Israel Sport for All Association

Pre-registration ensure that participants will receive the medals and certificates of participation. You will receive a confirmation document.

The price of participation is 15 Euros.

### Registration

Registration will remain open during the two day walk.

The price of participation in Israeli currency is 60 Shekels, note that late registration doesn't ensure those registering on 4<sup>th</sup> April getting medals at the end of the walk, it might take 3 weeks.

### Check-In

All participants, foreigners and Israelis must check in on 4<sup>th</sup> April at the starting point in Ma'ayan Harod.

You will get a marching card with 8 points to be marked, each day 4 marks.

### Awards

- Participants who march 20km + 20 km will receive a special medal and a special certificate.
- International walkers competing 8 IML European walks will receive the European walker clip and certificate.

### General Information

- This walk is not a competition. Participants should walk at their speed of choice.
- The organizers are not responsible or accountable for any loss or injury.