

## LifeWorks' Culinary and Wellness Tour of Israel May 3 - May 10, 2020

### Itinerary:

#### Day 1, Sunday, May 3, 2020: Arrival

- Arrive at Ben Gurion airport. Transfer to the hotel in Jerusalem on your own.
- Check into the hotel.
- At 5:00 pm, have a welcome session with your guide and group leader at the hotel.
- Walk to dinner at the [Rooftop Restaurant at the Mamilla Hotel](#) overlooking the Old City of Jerusalem.

*Hotel:* Harmony Hotel or Bezalel Hotel, Jerusalem (<http://www.atlas.co.il/>)

*Meals included:* Dinner (D)

#### Day 2, Monday, May 4, 2020: Old City of Jerusalem

- Begin the day with a yoga session at the [VIP GYM Jerusalem](#).
  - Those who are interested can opt out of the yoga and go to the Old City of Jerusalem with the tour guide to ascend to the Temple Mount/Al-Haram al-Sharif for a tour the precinct.
- The driver will then return to the hotel to take the remainder of the group to the Old City to meet up with the guide. Once the group is all back together, take a unique Four Quarters Culinary and Holy Sites Tour.
  - Visit the Kotel (Western Wall). Learn about the current state of affairs for women's ritual equality and for the creation of a permanent egalitarian prayer section.
  - Learn about the Christian "Stations of the Cross" along the Via Dolorosa and visit the Church of the Holy Sepulchre, identified as the place of both the crucifixion and the tomb of Jesus by Catholics, Orthodox and Lutherans.
  - Weave through the shops and alleyways of the Arab shuk (market) in the Old City, where you can practice your haggling skills.
  - Along the way, taste some basbousa, ma'amoul, sefiha, mutabak, strudel, old-time Jerusalem bagels, kebabs, halva, tahini, and spices.
- For an additional fee, have the option of opting into a challah-baking workshop in the Old City home of Renee Chernin. Renee is a writer, recipe developer and creator of the popular cooking website <http://thekosherchannel.com>.
- Return to the hotel and have free time until dinner.
- Have dinner at Mona, a fine dining restaurant situated in the Artists House, a historic building that once housed "The Bezalel School of Arts and Crafts," founded in 1906. For a time the building housed the Bezalel National Museum, precursor of The Israel Museum, Jerusalem. When the Israel Museum was opened, the collections of the Bezalel National Museum were transferred to it, where they formed the initial core collection of the Museum. Since 1965, the House has served as home to the Association for Jerusalem

Artists. In this capacity, the House has become a dynamic center for exhibitions, displaying unique and varied works of both Israeli and international artists.

*Hotel:* Harmony Hotel or Bezalel Hotel, Jerusalem (<http://www.atlas.co.il/>)

*Meals included:* Breakfast (B), Lunch/food tour samples (L), optional challah baking, D

### **Day 3, Tuesday, May 5, 2020: Machane Yehudah Shuk**

- Begin the day with a yoga session at the [VIP GYM Jerusalem](#)
- Have free time to eat your way through the hustle and bustle of the Machane Yehudah shuk market (<http://en.machne.co.il/>) for lunch.
- Then meet up with Chef Tali Friedman. Chef Friedman's run "The Atelier," a state-of-the-art cooking studio situated in the heart of the Mahane Yehuda market. Chef Friedman received her formal culinary training from Hadassah College and Paris' elite Lenôtre school. With over fifteen years of experience cooking alongside Israel's finest chefs, Friedman, also a mother of three, decided to share her passion for Israeli cuisine and the market with others. In addition to hosting a cooking show and writing a cookbook, the young entrepreneur began offering tours of Mahane Yehuda and cooking classes five years ago. In October 2009, Tali Friedman acquired her own space: the Atelier – an enticing, state-of-the-art cooking studio situated in the heart of the market. Friedman's tours and accompanying workshops engage all the senses. After absorbing the sights, smells, sounds, and tastes of the lively and colorful Mahane Yehuda market, participants accompany Friedman to her studio, where the group will take part in an interactive cooking workshop to prepare the group's dinner. After working together to cook Friedman's original recipes – which highlight seasonal produce and showcase an elegant, modern take on Israeli cuisine – participants will enjoy the multi-course meal they helped prepare. Weather permitting, the meal may be eaten on the Atelier's breezy rooftop, overlooking Mahane Yehuda and all of Jerusalem ([www.talifriedman.co.il](http://www.talifriedman.co.il)).
- After dinner, return to the shuk for a tour of the art on its stalls' shuttered gates. Artists have spray-painted dozens of shutters with bold depictions of fanciful animals, biblical scenes and portraits of pioneering personalities of the past.

*Hotel:* Harmony Hotel or Bezalel Hotel, Jerusalem (<http://www.atlas.co.il/>)

*Meals included:* B, L (food samples), D

### **Day 4, Wednesday, May 6, 2020: Jerusalem Hills and Ella Valley**

- Spend the morning with Chef Moshe Basson who will lead the group in a light foraging hike in the Jerusalem Hills to find ingredients for your dinner.
- Then have lunch and do a tour and tasting at the [Ella Valley Vineyards](#) and winery.
- Then return to Jerusalem for a yoga session at the [VIP GYM Jerusalem](#)
- Have dinner with your foraged ingredients at Chef Basson's restaurant [Eucalyptus](#). Eucalyptus focuses on local and regional produce and cuisine. Chef Basson has incorporated many dishes into his menu that are based on foods eaten for many centuries in this region. In time, he became an authority on herbs and edible wild plants indigenous to this region, and their culinary uses.

*Hotel:* Harmony Hotel or Bezalel Hotel, Jerusalem (<http://www.atlas.co.il/>)

*Meals included:* B, L, D

#### **Day 5, Thursday, May 7, 2020: Haifa and Zikhron Yaakov**

- Have a yoga session at the [VIP GYM Jerusalem](#).
- Check out after breakfast and head north.
- Spend the afternoon on a [Haifa Street Food Walking Tour](#)
- Check into the Elma Arts Complex Luxury Hotel, get a tour of the complex, and enjoy some down.
- Have dinner at Adama restaurant (<http://www.adama-bc.co.il/>) in Zikhron Yaakov.
- See a concert at the hotel after dinner.

*Hotel:* Elma Arts Complex Luxury Hotel in Zikhron Yaakov (<https://www.elma-hotel.com>)

*Meals included:* B, wine, L (food tour), D

#### **Day 6, Friday, May 8, 2020: Ethnic Diversity of the North**

- Begin the day with a yoga session at the hotel or free time to use the hotel pool and spa.
- Visit the Druze village of Hurfeish, with its museum of Druze culture and its mountaintop holy place, Nebi Sabalan. Nebi Sabalan (perhaps referring to Zebulun, one of the sons of Jacob) is one of the most important Druze religious sites in Israel. The site offers a beautiful vista of the western Galilee. At [Sambusak Ha'arazim](#), watch locals produce crispy sambusak bread rich with olive oil on a tabun. Have lunch here.
- After lunch, visit the Plia Center for Bukharan Jews (<http://pliacenter.org/>) in the home of Sara and Avraham Heil in Kefar Vradim. Their self-built house is round, built in circles and its ceiling is shaped like domes. Avraham, a convert of English descent, and Sara a Jew of Bukharan descent decided to dedicate the house, its rooms and the yard surrounding it to the Bukharan Jews from Sara's heritage. Visitors are greeted by Bukharan music, and are invited immediately upon their arrival to cloak themselves with traditional Bukharan customs and start dancing to the music played. Sara treats her guests with Bukharan tea, freshly baked pita bread, and family lore.
- End the day with a stop at Kibbutz Sasa for a factory tour and five-flavor tasting of [Buza Ice Cream](#), a local Galilean ice cream produced from the finest products, 100% natural and based on Italian experience. Buza, the Arabic word for ice cream, is owned and operated by Alaa Sweetat, a local Muslim and Adam Ziv, a Jew from Kibbutz Sasa. The first Buza store is located in the center of Jewish – Arab town of Maalot-Tarshicha in the Western Galilee. It all begun with a dream of delicious coexistence.
- Return to the hotel and have a Shabbat dinner at the hotel's [Oratorio Restaurant](#). Under the expert guidance of Chef Gil Aviram, his team has devised a new menu, filled with delicious surprises and dishes that reflect this change of season. The menu's main inspiration is taken from different cultures around the world and reflects the creative joy and attention to detail that goes into each and every dish. The composition of rich textures, colors and aromas, echo the spirit and art that lies in the heart of Elma itself.

*Hotel:* Elma Arts Complex Luxury Hotel in Zikhron Yaakov (<https://www.elma-hotel.com>)

*Meals included:* B, L, D

#### **Day 7, Saturday, May 9, 2020: Caesarea and Tel Aviv**

- Begin the day with a yoga session at the hotel.
- Enjoy free time to use the hotel pool and spa until check out is required.

- Travel to the Caesarea harbor to have lunch at Chef Amos Sion's Helena Restaurant, ideally situated among majestic Herod-in-era ruins. Effortlessly picturesque, the port is also the source of the locally harvested fish and seafood caught daily and used as a premier ingredient in Chef Sion's kitchen, in addition to locally grown meats, seasonal fruits and vegetables, and local wild herbs and plants, indigenous to the Levant.
- Have some time in Caesarea's port to shop, explore the antiquities, or relax at the beach.
- Upon reaching Tel Aviv, have a late afternoon "Best of Israeli Ice Cream Tour." Sample your way through [Leggenda Ice Cream](#) (Rothschild Boulevard 45), [Cookeez Ice Cream Cookies](#) (Allenby St 114), [Anita - La Mamma del Gelato](#) (Shabazi St 40 ), and [Vaniglia](#) (HaTachana).
- Check into the hotel before heading back out for a private dinner at [Urbano Food Lab](#), a gourmet molecular gastronomy experience hosted by Chef On Mishan in his Florentin loft.

*Hotel:* Fabric Hotel, Tel Aviv (<http://www.atlas.co.il>)

*Meals included:* B, L, D

### **Day 8, Sunday, May 10, 2020: Tel Aviv**

- Begin the day with a yoga session at the beach or at [Studio Sol TLV](#).
- Then participate in a [TLVEG Tour](#), a food tour dedicated to showing off the variety of vegan food in Tel Aviv, one of the top vegan cities in the world. They handpicked some of the best dishes Tel Aviv and gathered all the information you need to know about the vegan hotspots. Whatever your eating habits are, you will be wholly satisfied with this tour.
- Then visit Kuchinate. Kuchinate is the Tigrinya word for Crochet and was formed as a collective of African asylum-seeking women living in Tel Aviv, Israel working to produce beautifully designed products for the home. The women gain psychological and social rehabilitation and feel empowered in spite of the hardships, violence, and trauma in their countries of origin and during our journey to Israel that they faced. The women of Kuchinate will host the group for an Eritrean coffee ceremony. They will also demonstrate their crocheting techniques.
- Next explore the market stall of the nearby Levinski Shuk.
- Enjoy a private early farewell chef dinner party and an introduction to food photography with Dan Lev, a professional food photographer in his studio in south Tel Aviv (<http://www.eatwith.com/offering/54/>, [www.studiodanlev.com](http://www.studiodanlev.com), [www.202.co.il](http://www.202.co.il), [www.colorfood.co.il](http://www.colorfood.co.il)). Dan combines his two loves, cooking and photography, as a commercial food photographer. He loves hosting people in his spacious loft studio, Studio 202, in south Tel Aviv. During the day it serves as a photography studio and in the evenings he uses the space to host a unique dining experience.
- Transfer to the airport on your own.

*Meals included:* B, L, D