



# Participant Handbook

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## INTRODUCTION

Genesis Cycling puts the emphasis on combining the Israeli experience with premium quality cycling tour across the Holy Land.

With our specialization of tailoring tours to your needs, we don't only offer you a tour; we offer you **your** tour, completely according to your wishes.

Our guiding team and our logistic teams are all aimed to one purpose: allowing you to do what you like most, **ride your best**.

### **GenesisTour of Israel 2010**

Genesis Cycling is proud to introduce their spring tour for 2010 – *the Genesis Tour of Israel 2010*.

This tour is the ultimate bicycle tour for Israel. Through 8 days and 530 km of cycling from north to south of Israel you get to explore the holy land in a way no other experience let you know Israel.

But it's not all about cycling...

Our program includes visits to Jerusalem and Nazareth and some rest days in the Dead Sea and Eilat to complete your vacation. The program also includes a supplementary tour program for those of you who choose not to cycle on a certain day or even during the whole program.

## OVERALL STAGES INFORMATION

Stage	Course	Distance	Ascent	Lowest/Highest point	Climbs	Intensity
1	Mt. Hermon to Mt. de Beatitudes	90	610	-175 / 1070	32%	Low
2	Ellah Valley to Dead Sea	140	1135	-417 / 576	42%	Medium
3	Arava Valley to Mizpe Ramon	103	1585	-125 / 836	58%	High
4	Mizpe Ramon to Eilat	158	1142	0 / 836	48%	Medium

## GENESIS CYCLING'S CREW

- **Two to three cycling guides** will lead the stages
- **A logistic team** will administrate the stages with two escort vehicles
- **A mechanic** will be accompanying the stages in an escort vehicle
- **A certified paramedic** will be accompanying the whole program
- **A professional guide** will lead the supplementary non cyclist itinerary
- **A logistic team** will we be in charge of baggage transportation between hotels

# ITINERARY AND SCHEDULE INFORMATION

## Day 1. Sunday 2.5.2010- preparation day

12:00- Gathering in Tel Aviv

17:00- Arrival at the "Rimonim" hotel in Neve Ativ at the Hermon mountain.

Preparation and bicycle assembling at the hotel.

20:00- Dinner at the hotel restaurant.

## Day 2. Monday 3.5.2010 – stage 1- Mt. Hermon to Mt. de Beatitudes

8:00- Breakfast at the hotel restaurant

9:30- Start of stage

13:30- End of stage. Preparation: cleaning up, changing cloths and a small lunch.

14:30- A visit to the Monastery of the mountain de Beatitudes.

15:00- Departing by bus to Nazareth.

16:00- Arriving at Nazareth and visiting the Basilica of Annunciation.

17:30- Departing from Nazareth by bus.

19:30- Arriving at "Neve ilan" hotel in the gateway of Jerusalem.

20:30- Dinner at the hotel restaurant.

### Supplementary itinerary for non cyclist participants

9:30 – Departure from the hotel

10:00 – A visit to the of the ancient city of "Cesarea Philipus"

12:00 – A visit to "Caper Naum"

13:30 – Joining the main group for the rest of the itinerary.

- The Supplementary itinerary throughout the program is guided by a professional tour guide.

## Day 3. Tuesday 4.5.2010 – stage 2 – Elah Valley to The Dead Sea

8:00- Breakfast at the hotel restaurant

9:00- Departing from the hotel by bus

9:30- Start of stage

16:00- End of stage at the "Daniel" hotel in The Dead Sea.

20:00- Dinner at the hotel restaurant.

### Supplementary itinerary for non cyclist participants

9:00 – Departure from the hotel with the main group

10:00 – A visit to the spectacular hiding caves in Beth Guvrin

13:00 – Lunch with the main group

16:00 – Arrival at the hotel

#### Day 4. Wednesday 5.5.2010 – rest day

\*\* Breakfast at the hotel restaurant.

11:00- Departing to Jerusalem by bus

12:30- Arriving at Jerusalem and visiting the old city.

18:00- Departing from Jerusalem.

19:30- Arriving at the hotel.

20:30- Dinner at the hotel restaurant.

#### Day 5. Thursday 6.5.2010 – stage 3 – Arava Valley to Mizpe Ramon

8:00- Breakfast at the hotel restaurant

9:00- Departing from the hotel by bus

9:45- Start of stage

16:00- End of stage at the "Isrotel" hotel in Mizpe Ramon

20:00- Dinner at the hotel restaurant

##### Supplementary itinerary for non cyclist participants

9:00 – Departing from the hotel

11:00 - A visit to a Bedouin hospitality lodge

12:30 – Lunch with the main group

14:00 – A visit to 'Sde Boker' and Ben Gurion's tomb

15:30 – Arrival at the hotel

#### Day 6. Friday 7.5.2010 – stage 4 – Mizpe Ramon to Eilat

8:00- Breakfast at the hotel restaurant.

9:00- Start of stage

16:00- End of stage at the hotel in Eilat.

20:00- Dinner at the hotel restaurant.

##### Supplementary itinerary for non cyclist participants

11:00 – A visit to the Ramon crater

12:30 – Lunch with the main group

14:00 – Camel riding in the desert

16:00 – Arrival at the hotel

#### Day 7. Saturday 8.5.2010 – Rest day in Eilat

\*\* A "no schedule day"

▪ Please note that on this day lunch is not included.

▪ The tour ends on Sunday morning. It is possible to use our service for booking a room at the hotel for another night or to book a flight to Tel Aviv.

This hour-to-hour schedule should be taken only as a general guide. It is not possible to guarantee that any part of the program will run exactly according to the proposed itinerary. A variety of factors, including adverse weather conditions and difficulties with transportation, can lead to enforced changes. The trip leader will make any changes that are necessary.

## ACCOMMODATIONS

The program's accommodations range from 4 to 5 star hotels.

Day 1- The Rimonim Hermon Holiday Village, Neve Ativ.

<http://www.rimonim.com/Hotel.aspx?Lang=eng&Hotel=79>

Day 2- The 'Neve ilan' hotel, Kibutz Neve ilan.

<http://www.c-hotels.co.il/en/?cat=4>

Day 3 & 4- Daniel hotel Dead Sea, Ein Bokek.

<http://www.tamareshotels.co.il/e/>

Day 5- Isrotel Ramon-inn, Mizpe-Ramon.

<http://www.isrotel.co.il/english/content/HotelPage.asp?HID=6>

Day 6&7 - Fattal Le Meridian, Eilat.

<http://www.fattal.co.il/HotelLtr.aspx?ResortID=2&LangID=2>

Please note that the program involves many hotel substitutions. Therefore we strongly recommend traveling as light as possible in terms of baggage.

## PRICES AND TERMS OF PAYMENT

### Services included

- Lodging and accommodation: 7 nights at 4-5 star hotels.
- Meals: Three meals a day including snacks and beverages during the riding stages.  
\*On the rest day in Eilat, lunch will not be included.
- Transportation:  
Full transportation will be provided for all participants from the moment of gathering in TLV airport, including all stage transfers.
- A professional tour guide will be escorting us during site seeing and the Supplementary itinerary for non cyclist participants.
- All Site visiting fees are included.
- Full vehicle escort will be provided throughout all stages.
- A full time professional mechanic will be accompanying us during all riding stages.
- Certified paramedic will be present during all riding stages

### Services not included

- Personal Travel insurance
- Tips for local staff (bus driver, tour guide, mechanics)
- Extra hotel services such as room service, room telephone calls, spa services, wine ordering at dinner, minibar etc...
- Miscellaneous personal expenses
- Lunch on the rest day in Eilat
- Each participant is responsible to arrive to the tour with a pre-checked proper bicycle. In case of mechanic problems which require components replacement, the participant will be responsible for the cost of the replaced component.

### Package price per person

- **Twin sharing basis 1650 € Net per person**
- **Single occupancy 2050 € Net per person**

### Terms of payment

- A deposit of 360 € per person will be paid within 14 days from registering in the tour. The deposit can be paid Via a money transfer (note that transaction fees vary depending on the issuing bank). Information for completing the transaction will be handed over through an e-mail after registering.
- The remaining amount can be paid Via a money transfer no later than two weeks prior to the beginning of the program.

# TERMS OF AGREEMENT

## Cancellation policy

- Cancellation prior to 90 days of the program: 70% of the deposit payment will be refunded.
- Cancellation 30 to 90 days prior of the program: 30% of the deposit payment will be refunded.
- Cancellations less than 30 days before the tour: all deposit will be forfeited.
- If for any reason genesis cycling will cancel the tour at any time and for any reason the full price of the tour will be refunded.
- Genesis Cycling is not responsible for any additional expenses that may be incurred by a guest in relation to a canceled tour including costs incurred due to travel delays, flight cancellations, sickness and non-refundable air tickets and/or any penalties associated with such tickets.
- Genesis Cycling reserves the right to make any changes on the original plan of the tour such as schedule changes, rerouting tracks or sites visits due to acts of nature, trail conditions, group riding pace or any circumstances beyond Genesis cycling's control.

## Tour payments

- Tour payments include: accommodations, transportation, guiding, 3 meals a day (except of lunch during the rest day in Eilat), sites fees, riding escort and assistance, mechanical escort and medical escort.
- Any additional requests by any participant might entail an additional payment.

## Responsibility

- Genesis cycling bears no responsibility for injury or damage done to the body or property of the participants.
- Riding a bicycle through long distance and climbs requires great physical effort. Participants must be aware that they have no medical or other limitations that prevent them from withstanding such an effort.
- It should be known that riding a road bike entails some danger, including the danger of death.
- In case of emergency, all rescue operations will be based upon the local rescue services. Participants will be responsible for any fees charged.
- Participants are obligated to have personal travel insurance for "active sports".
- Participating in the trip is subject to signing the waiver of claims on the day of arrival and submitting a medical fitness statement signed by a physician. The waiver can be read (and downloaded) during the registration process under the "waiver" link at the registration web form.
- Wearing a helmet is obligatory throughout all riding stages.
- Implementation of the tour is subject to a minimum number of 25 participants

# EQUIPMENT CHECKLIST

Below is a checklist of all the equipment needed. The list is intended to help you pack all the necessary equipment without forgetting anything.

## Personal Equipment

- Pauch with wallet and personal documents
- Passport
- Wrist watch
- Personal towel
- Toiletries
- Sun proof cream (+15 SPF)
- Sun-Glasses

## Clothes

- Fleece Jacket
- T-Shirts
- Long sleeves shirt
- Long pants
- Shorts
- Under wear
- Warm gloves
- Warm socks
- Scarf
- Warming hat
- Sun hat
- Swimming suit

## Cycling Equipment

- Proper checked road bicycle
- Helmet
- Cycling Glasses
- Cycling Shoes
- 2 spare tubes (additional tubes will be supplied if needed)
- Personal mini bike pump
- Personal mini multi-tool
- 2 cycling bottles
- 1 specific matching - spare "dropout" (the holder of the bike's rear derailleur)

## Sport equipment

- Isotonic drinks
- Energy gels
  - \* Isotonic drinks and energy bars will be provided, but if you have any personal preferences don't forget to bring with you.

- Sport creams (Pre-Sport)
- Chamois cream (for saddle sore)

### Cycling clothes

- Short Gloves
- Long gloves
- Cycling socks
- Thermic base layers (dry fit + warm thermic layers)
- Arm warmers
- Leg warmers
- Wind-block jacket
- Light rain Jacket
- Over shoes – rain proof coverage

### Baggage

- Bicycle packing suitcase / Carton
- Hotel Suitcase
- Small back bag

## WAYS OF COMMUNICATION

### E-mail

[Rafi@genesiscycling.com](mailto:Rafi@genesiscycling.com)

[Udi@genesiscycling.com](mailto:Udi@genesiscycling.com)

### Web

[www.GenesisCycling.com](http://www.GenesisCycling.com)

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### Address

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***See you soon***



**G.R.C.M – P.C- 513177279**