

2025 September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04
05	06	Notes:				

2025 October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Mt. Hrmom to Banias 12 km	27 Banias to Ktar Giladi: 24.5 km (or 18 km with bus by passing Kiryat	28 Kfar Giladi to Yiftah 14 km	29 Yiftah to Keren Naftali 13 km	30 Keren Naftali to Dishon 15 km	31	01
02	03					

2025 November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02 Dishon To Humima 11 km	03 Humema to Tzfat 18 km	04 Tzfat to Sea of Galilee 18 km	05 Sea of Galilee to Switzerland Forest 15 km	06 Switzerland Forest to Yavniel 18.5 km	07	08
09 Yavniel to Tavor stream 16 km	10 Tavor stream to Mt. Devora 18 km	11 Mt. Dvora to Alon ha galil 20.2 km	12 Alon ha galil to Kishon stream 20/8 km	13 Kishon srteam to Isfaia 7.5 km	14	15
16 Isfaia to Oren stream 11 km	17 Oren stream to Cramel forest 12 km (Mitzpor ha shavetet)	18 Carmel forest to Zichron Ya'akov 16.5 km	19 Zichron Ya'akov to Caesarea 18 km	20 Caesarea to Birkat Yaar 17.4 km	21	22
23 Gilboa to the Kantara Bridge 13 Km	24 Kantara Bridge- Kochav HaYarden 18 km	25 Kohav HaYarden to Menahamiya 22.5 km	26 Menahamiya- The valley Railway 14 km	27 Valley Bridge- Basalt Canyon 17 km	28	29
30	01					

2025 December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Mirzpe Moshe shaya to Bnei Brit 21 km	01 Bnei Brit to Eucalyptus camp 16 km	02 Eucalyptus camp to Zeadim ruins 17.5 km	03 Zeadim ruins to Nativ Ha Lamed Hei 23 km	04 Nativ Ha Lamed Hei to Bayt Jibrin 23 km	05	06
07 Bayt Jibrin to Tel Keshet 23 km	08 Tel Keshet to Dvira forest 28 km	09 Dvira forest to Meitar forest 17 km	10 Meitar forest to Mt. Amasa 23 km	11 Mt. Amasa to Arad 16.7 km	12	13
14 first candle of hanukkah Arad to Kfar ha nokdim 19km	15 Hanukkah Kfar ha nokdim to Masada 14 km	16 Hanukkah Masada to Ein Bokek 15 km	17 Hanukkah Ein Bokek to Mishor Amiaz 20 km	18 Hanukkah Mishor Amiaz to Tamar stream 20 km	19 Hanukkah Sabbath in Tamar stream	20 Hanukkah Sabbath in Tamar stream
21 Hanukkah Tamar stream to Mitzpe ha maktesh 24.5 km	22 Hanukkah Mitzpe ha maktesh to Mifalei Oron 20 km	23 Mifalei Oron to Mador stream 19.8 km	24 Mador stream to Serpentinot 23.8 km	25 Serpentinot to Hava stream 17 km	26 Hava stream to Mitzpe ramon desert town 30 km	27 Sabbath in Mitzpe Ramon
28 Mitzpe ramon to Gvanim stream 20 km	29 Gvanim stream to Gev holiit 18 km	30 Gev holiit to sapir lake 19 km	31 Sapir lake to Barak stream 30 km	01 Barak stream to Tzehor Faran 24 km	02 Tzehor faran to Shizafon and to Shaharut 20 km	03 Sabbath in Shaharut
04	05					

2026

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
04 Shaharut to Sasgon valley 26 km	05 Sasgon valley to Beer Ora 16 km	06 Beer ora to shhoret 17.6 km	07 Shhoret to Mt. Yehoram 12 km	08 Mt. Yehoram to Eilat 13 km- End of Autumn hike INT	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
01	02					

2026 February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
01	02	03	04	05	06	07
08	09	Notes:				

2026 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
08	09 Eilat to Mt. yeoram 13 km	10 Mt. Yehoram to shhoret 12 km	11 Shhoret to Beer Ora 17.6 km	12 Beer Ora to Sasgon 16 km	13 Sasgon valley to Shaharut 26 km	14 Sabbath in Shaharut
15 Shaharut to Shizafon and to Tzehor Faran 20 km	16 Tzehor Faran to Barak stream 24 km	17 Barak stream to sapir lake 30 km	18 Sapir lake to gev holit 19 km	19 Gev holit to Gvanim stream 18 km	20 Gvanim stream to Mitzpe ramon town 20 km	21 Sabbath in Mitzpe Ramon
22 Mitzpe Ramon to Hava stream 30 km	23 Hava stream to Serpentinot 17 km	24 Serpentinot to Mador stream 23.8 km	25 Mador stream to Mifalei Oron 19.8 km	26 Mifalei Oron to Mitzpe ha Maktesh 20 km	27	28
29 Mitzpe ha Maktesh to Tamar stream 24.5 km	30 Tamar stream to Mishor Amiaz 20 km	31 Mishor Amiaz to Ein Bokek 20 km	01 Passover night	02 Passover holiday	03 Passover holiday	04 Passover holiday
05	06					

2026 April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
05	06	07	08	09	10	11
Passover Ein Bokek to Masada 15 km	Passover Masada to Kfar ha Nokdim 14 km	Passover Kfar ha Nokdim to Arad 13 km	Second Passover holiday in Arad	Arad to Mt. Amasa 16 km	Mt. Amasa to Meitar forest 23 km	Sabbath in Meitar forest
12	13	14	15	16	17	18
Meitar forest to Dvira forest 17 km	Dvira forest to Tel keshet 28 km	Holocaust day- Tel keshet to Bayt Jibrin 23 km	Bayt Jibrin to Nativ ha lamed hei 23 km	Nativ ha lamed hei to Zeadim ruins 23 km		
19	20	21	22	23	24	25
Zeadim ruins to Mt. Eitan 17.5 km	Mt. Eitan to Eucalyptus camp 16 km	Yom HaZikaron	Independence day Holiday	Eucalyptus camp to Bnei Brit 21 km	Bnei Brit to Mitzpe Moshe shaya 21 km	
26	27	28	29	30	01	02
Mitzpe Moshe shaya to Shoham forest 20 km	Shoham forest to Abu Rabah 25 km	Abu rabah to TLV 25 km	TLV to Poleg 21 km	Poleg to Birkat yaar 21 km		
03	04					

2026 May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
03 Birkat yaar to Caesarea 17.4 km	04 Lag Ba'Omer- Caesarea to Zichron Ya'akov 18 km	05 Lag Ba'Omer- Zichron Ya'akov to Carmel forest 16.2 km	06 Carmel forest to Oren forest 12 km	07 Oren forest to Isfiya 11 km	08	09
10 Isfiya to Kishon stream 7.5 km	11 Kishon stream to Alon Ha galil 20.8 km	12 Alon Ha galil to Mt. Dvora 20 km	13 Mt. Dvora to Tavor stream 18 km	14 Tavor stream to Yavniel 16 km	15	16
17 Yavniel to Switzerland Forest 16.5 km	18 Switzerland Forest to Sea of Galilee 15 km	19 Sea of Galilee to Ein Kove Tzfat 18 km	20 Tzfat to Mt. Meron 17 km	21 Shavuot holiday	22 Shavuot holiday	23 Shavuot holiday
24 Meron to Dishon 11 km	25 Dishon to Keren Naftali 15 km	26 Keren naftali to yiftah 13 km	27 Yiftah to Kfar giladi 14 km	28 Kfar giladi to B anias 24.5 km (or 18 km with bus by passing Kiryat Shmona)	29 Banias to Mt. Hermon 12 km- End of spring INT hike!	30
31	01					

2026 June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04
05	06	Notes:				

2026 July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01	02	03	04
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03					

2026 August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

