

Meals and Medical Facilities

1) Breakfast and dinner will be provided with the tour. What types of food in general will these meals consist of? Will it be authentic cuisine and if so, what can we expect? (My husband and I have never traveled to that area.) How much flexibility will we have in terms of what we eat?

We will have a wide variety but nothing strange or out of the ordinary. Breakfast at the hotels usually consist of the same thing you would get at a hotel here: breads, eggs, cereals, fruits, cheeses and lunch meats, coffee, juices, and the regular. They will also have various local favorites like smoked fish, yogurts and more. Both hotels are very cooperative and will help in any way we ask.

2) Is the eating schedule fairly routine? In other words, at consistent times? It might be an issue if for instance we had an early lunch and then a very late dinner. I would need to know that in advance and be prepared to have a snack on hand or my blood sugar would take a dive.

We will have a regular routine of leaving in the morning, lunch at roughly lunch time and dinner. We will eat dinner at around 6 each night since it gets dark early and most people will want to get to bed early. Lunches and dinners will be in local places so people can try local foods, but you will always be able to get familiar foods if you wish. One night we will eat at our favorite French restaurant in the world overlooking the Hula Valley and Mount Hermon.

3) Speaking of snacks, do you foresee any problem with me bringing snacks with me (Nuts, crackers, bars, etc.) Or, how feasible would it be for us to purchase snacks (fruit or other items) once we are there?

Snacks are no problem and everywhere we go you should be able to find drinks, snacks, sandwiches, etc. Israel is a very modern country and there is food and drink everywhere so even if you don't have snacks with you, you will be able to buy things along the way. You can bring as many snacks on the bus as you wish.

4) If my blood sugar were to drop and I lost consciousness or if I had another problem, how accessible are medical facilities and how do those medical facilities compare to what we are used to in the States?

Israel is a very modern country and you would probably get faster service there than here :-). We will never be far from hospitals in Tiberius, Nazareth, Tel Aviv or Jerusalem. Make sure you have health insurance information and credit cards, but really -- there should be no problem. Our guide has a cell phone and knows every hospital and could get medical attention just as fast and reliable there as you can here. So, that is not a worry.

5) (Somewhat unrelated) How big of a group do you expect will be on this tour? Is this the first tour that you have organized? (I know you've been over there extensively.)

We will close registration at 45 people. That is our max to fit on our luxury bus.