

MEALS AND MEDICAL FACILITIES

Breakfast, lunch, and dinner will be provided on all Holy Land trips. Most meals provided on other trips as well, though we leave some meals “on your own” for chances to explore and choose cafes or restaurants of your choice.

Tips are included for all provided meals.

Drinks including a glass of wine, beer, or soft drinks are provided with all dinners (except on cruises which have their own rules). Water is provided for all meals.

Kinds of Food: We will have a wide variety but nothing strange or out of the ordinary. Full buffet breakfasts 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. All hotels and restaurants are very cooperative and will help in any way we ask. We suggest people try all the local dishes.

Meal Schedule: We will have a regular routine of leaving in the morning, lunch at roughly lunch time, and dinner. We will eat dinner at around 6:30 each night. 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.

Snacks are no problem and everywhere we go you should be able to find drinks, snacks, sandwiches, etc. 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.

Blood Sugar or other Dietary/Health Issues: Israel and most other places we visit are modern countries and you would receive service



The Footprints of GOD

as fast or faster than in the US :-) Especially in Israel, we will never be far from hospitals in Tiberius, Nazareth, Tel Aviv, or Jerusalem. It is the same in other countries as well. Make sure you have health insurance information and credit cards, but really, there should be no problem. We have cell phones and know every hospital and you could get medical attention just as fast and reliable there as you can here. So, that is not a worry.

Travel Insurance: We encourage travelers to purchase travel insurance, especially if they have health issues. If there are any emergencies, injuries, accidents, etc. it is nice to be worry-free knowing you have insurance to cover any unfortunate situation.

