

Israel on a Shoestring

Country(ies): Israel

Tour type: Shoestring

Transport: A/C minibus/coach

Group size: Min: 2 | Max: 30

Days: 7 days

Start Location: Tel Aviv, Israel

End Location: Tel Aviv, Israel

Meals: Breakfasts - 6, Lunches - 0, Dinners - 1

Highlights:

Tel Aviv, Caesarea Roman ruins, Nazareth, Sea of Galilee, Nativity Church in Bethlehem, Old Jerusalem, Dead Sea Swim, Bedouin camp, Masada fortress, Ein Gedi reserve, Qumran Caves



Itinerary

Day 1: Arrive into Tel Aviv

Upon arrival our staff will meet you at the airport and transfer you to your hotel near Tel Aviv's famous beach for the start of your trip. If your flight arrives early, you can head into town or to the beach.

OVERNIGHT: Tel Aviv hotel

MEALS: None

EXTRAS:

Day 2: Caesarea - Haifa - Nazareth - Tiberias

We start our tour by driving through coastal plain to Caesarea which was capital of Judea in Roman times. Here you'll see excavations of the Crusader city, the Roman port, aqueduct and also visit the amphitheatre which has been extensively restored and is now used as a concert venue.

Then we continue on to Haifa with a stop at Mt. Carmel along the way. We'll enjoy great panoramic views of the Haifa Bay, and the Golden domed Bahai Shrine and gardens. You'll also view the golden domed Bahai' Shrine and Gardens at the edge of the city centre.

Finally today we proceed to the biblical town of Nazareth where Jesus spent his boyhood and where we visit the church of Annunciation before heading to our hotel in Tiberias.

OVERNIGHT: Tiberias hotel

MEALS: Breakfast

EXTRAS:

Day 3: Tiberias - Caparnaum - Bethlehem

After breakfast we check out and then visit Roman Tiberias, built by Herod Antipas. We'll also visit the Mt. of Beatitudes and enjoy a scenic drive along the Sea of Galilee to Caparnaum where we'll see the octagonal church of St. Peter and the ruins of the synagogue. Finally this afternoon we'll drive to Bethlehem, the birth place of Jesus Christ, and visit the Nativity Church, the birthplace of Jesus, and see the Church of Nativity and Mangers Square. Finally we check in at our hotel with a great location right on Mangers Square.

OVERNIGHT: Bethlehem hotel

MEALS: Breakfast

EXTRAS:

Day 4: Jerusalem - Arad / Kfar Hankodim Bedouin camp

After breakfast we drive to Jerusalem, just a few kilometres away. Here we start at the Mt. of Olives for a panoramic view over the old city of Jerusalem. Next we visit the Garden of Gethsemane where Jesus was captured by the Romans after he was betrayed by Judas. Then we visit the Western 'Wailing' Wall of the Temple Mount, the most sacred spot in the Jewish religion and then enjoy a walking tour in the old city of Jerusalem. Within its lively narrow alleys and colorful markets lie the major historical and religious sites of the world's three main religions, revealing the ancient history from the times of King David. We'll view the walled Area of the Mosques on Mt. Moriah, then walk through the Way of the Cross, visiting the 14 stations that lead us to the Holy Sepulcher Church, the holiest Christian site held to be the location of Jesus' crucifixion, burial and resurrection.

Finally today we leave Jerusalem and drive to Arad and on enjoy some Bedouin hospitality at Kfar Hanokadim. Here we sleep in traditional communal black goats hair Bedouin tents (sleeping bags and mattresses are provided). A full Bedouin meal is served before we enjoy an evening sitting around a campfire. An upgrade is available to private twin/double en-suite cabins if you would prefer some more comfort.

OVERNIGHT: Kfar Hankodim - Bedouin tents

MEALS: Breakfast, Dinner

EXTRAS:

Day 5: Masada fortress - Dead Sea area - Jerusalem

You have a choice today of whether to make the hike up to the fortress of Masada in time for the famous sunrise from the fortress, or to visit later in the morning by cable car. The walk up Snake Path takes between 45 min and 2 hours depending on your stamina/fitness. The impressive fortress of Masada was the last Jewish stronghold against the Romans. Your entrance ticket will cost between USD 7.50 and USD 25 depending on whether you walk both ways or take the cable car both ways. Also included this morning before we leave Kfar Hankodim is a fun camel or donkey trek through the surrounding countryside.

Our next visits today is the Ein Gedi nature reserve, one of the most beautiful places in Israel (USD 10 entry fee). We then drive to the Qumran Caves where the famous Dead Sea Scrolls were found (USD 10 entry fee). Finally we finish the tour with a not-to-be-missed experience, a dip and float in the salty waters of the Dead Sea. We'll then drive back to Jerusalem for the night.

OVERNIGHT: Jerusalem hotel

MEALS: Breakfast

EXTRAS:

Day 6: Jerusalem, free day & optional tours

We have left today free for you to explore more of Jerusalem yourselves. Jerusalem is an amazing, historic and vibrant city, and has a huge amount for people of all faiths or none to enjoy and explore. Optional tours (approx. 2-3 hours) are available to the City of David or Western Wall Tunnels, or you can explore on your own. You could also visit the famous Machne Yehuda market, full of fruits, vegetables, cheese and much much more. Here you can have a wonderful self-guided tour of the market, and the special "SHUK BITES" card will enable you to taste many different local foods at various different stands.

OVERNIGHT: Jerusalem hotel

MEALS: Breakfast

EXTRAS:

Day 7: Jerusalem - Transfer to Ben Gurion airport for departure

Your time is free in Jerusalem today until you are transferred to Ben Gurion airport in plenty of time for your departure and flight home.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS:

Included:

- All accommodation in 3 to 4-star hotels as stated in the itinerary
- All transport and transfers in AC vehicles
- 24-hour airport arrival & departure transfer service
- Sightseeing tours and activities as per itinerary
- Camel or donkey trek (30min)
- Bedouin camp and hospitality at Kfar Hankodim (communal tents, upgrades available)
- English speaking guide during touring days
- Site entry fees except as noted below
- Meals as indicated in the itinerary (6 breakfasts, 1 dinner)

Excluded:

- International flights
- Visa fees
- Travel insurance (compulsory)
- Entrance fees to Caesarea, Masada with cable car, Qumran, Ein Gedi (allow USD 55)
- Optional tours in Jerusalem
- Optional upgrades to private twin/dbl en-suite cabin at Kfar Hankodim
- Meals not indicated in the itinerary
- Drinks, snacks, tips and other personal expenses (e.g. laundry)
- Tips for tour leader
- Any other items not mentioned above

Excluded:

- International flights

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

No Options

1. Accommodation

We use good quality hotels that can be considered around the 3 and 4-star level on this tour, together with an overnight Bedouin camp at Kfar Hankodim. Here you stay in a communal Bedouin tent made of black goat's hair. The tents are decorated in an authentic style and fully equipped with rugs, soft mattresses and sleeping bags. You should bring towels and toiletries. The desert climate is comfortable all year round; in summer the air is fresh and dry by day, and cool and pleasant by night. As for winter, all tents are rain proofed and heated so guests can remain in light clothing. However, for outdoor activities during the evening we suggest you wear warm clothing.

An upgrade to private en-suite cabins is available (see Options above).

Our preferred hotels are listed below. However, alternative properties of a similar standard may be used on some dates:

Tel Aviv - Grand Beach Hotel / Tiberias - Restal Tiberias / Bethlehem - Manger Square Hotel / Desert camp - Kfar Hankodim / Jerusalem - Ibis Styles Hotel

Accommodation is based on twin or double en-suite rooms with air conditioning. All couples will be given a private double room. Single travellers may choose to pay a single room supplement to guarantee themselves a single room throughout the tour. If you are a single traveller who would like to share, let us know and we will see if we can pair you up. If we don't have anyone to pair you up with when you book, we'll add this option on, but remove it or refund you when we can pair you up later. If we aren't able to arrange a room share for you, then this supplement will be due to be paid.

2. Group Size/Tour Leaders/Guides

This Shoestring tour in Israel has a maximum group size of 30, and minimum of 5 travellers. At Encounters Travel we aim to only use local Israeli guides and reps. We feel this gives you the best experience of the country and the sites you are seeing.

3. Entrance Fees

The tour price includes entrance fees to most of the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit, plus fees to sites visited on Day 5 (see itinerary for details - allow up to USD 55 p/p).

4. Dates & Prices

We run seasonal group departures on this tour starting on Saturdays at various times through the year. All departures are guaranteed to run with a minimum of 5 people. Departure dates and prices are listed on our website and on a separate dates & prices sheet available on request.

5. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. Our routes in Israel and the small distances involved mean that we use private vehicles throughout this tour.

6. Transfers

Your airport transfers are only included on the first and last day of the set tour itinerary, plus on any additional days if you book your hotel room with us. If you make your own arrangements for additional accommodation at either the beginning or the end of the tour then you will need to arrange your own airport transfers on these days.

7. What to take

Luggage: Suitcases, rucksacks or fabric holdalls are all fine to bring with you to Israel. You should also bring a small daypack/bag to take out during the day. Your main luggage will normally be left in the hotel during your sightseeing trips – you will not need to carry it far, and there are nearly always hotel porters to assist.

Luggage limits: There is no luggage limit for this tour. However, most airlines restrict you to between 20kg and 25kg for your hold luggage and between 5kg and 10kg for hand luggage. Please check with your airline before travelling to the airport.

Clothing: The climate in Israel varies widely from hot days in the summer to cool and sometimes wet days in the winter months. At night, especially in the deserts, the temperatures can drop quite dramatically. So you must pack for cool conditions. Formal dress (eg. suits & ties) is not required. When visiting any mosques, legs and arms should be covered.

Other items: We also recommend you bring a sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries, money belt, small torch, camera & charger.

8. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

9. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

10. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

11. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

<https://x.com/encounterstravel> (yes, without the 'e')

12. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this

at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

13. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's '[Travel Aware](#)' campaign which provides further useful and invaluable information.



14. Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.

- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

15. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

16. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. All our group tours in Israel start and finish at Ben Gurion airport in Tel Aviv (TLV). Private and tailor-made tours may arrive into Tel Aviv or Eilat.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

17. Tipping

Tipping is common practice in Israel, as a sign of appreciation for services provided. You may therefore wish to tip your guide and driver at the end of the tour. You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. GBP 5 / USD 8 per person per day would be appropriate.

18. Passports & Visas - Israel & OPT

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

From 1st January 2025, all passengers travelling to Israel must arrive with a pre-arranged visa or ETA-IL approval. Many nationalities (including UK, European, USA, Canadian, Australian, New Zealand, South African) do not need to obtain a visa to enter Israel as a period as long as your stay is for less than 3 months, though an ETA-IL approval is required, even for passengers who are visa exempt. Other nationalities should check with their local consulate.

All passengers entering Israel from 1st January 2025 onwards should apply for an ETA-IL approval online at - [Israel Population & Immigration Authority](#) a fee of 25 shekels (around GBP 5, USD 7) will be required during the application process. If you are travelling to Israel prior to January 2025, the ETA-IL is not required.

Most of our tours visiting Israel also enter the Occupied Palestinian Territories (OPT). No special visas are required but check points and border posts are operated by the Israeli authorities and access is sometimes limited or restricted.

19. Voltage

Sockets are two round pronged and 220 volts (Type C). Universal adaptors are available in most airport shops if you don't have one already. Standard European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already. If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

20. Time

The time in Egypt, Jordan, Israel and Lebanon is GMT plus 2 hours and in UAE GMT plus 3 hours. Daylight saving adjustments have historically been applied in some years but not others. At present it appears that there will be no daylight saving changes in Egypt 2016 and beyond, though this may change at short notice (with a resulting impact on flight times and schedules). In Jordan and Israel, daylight saving of one hour is generally applied between the end of March and the end of October, making it GMT plus 3 hours. Exact dates vary from year to year and sometimes the changes may be scrapped altogether.

21. Money - Israel

The local currency in Israel and the Occupied Palestinian Territories is the Israeli Shekel (ILS). You do not need to arrange to bring any Shekels with you as exchange facilities are available in the international airports and in most hotels, banks and bureau de changes in major towns. You should try to obtain and keep hold of small denomination notes or coins on you during the tour as these are useful for toilets, tips and small purchases. ATMs are readily available in major towns and many local shops will accept VISA/Mastercard or Amex, but may charge fees of up to 10% - check before you pay. Travellers cheques are not recommended as they can not be changed in many places now, and can incur high fees.

While in Israel and the OPT you will need sufficient funds to cover meals not included in the itinerary, drinks, snacks, souvenirs and personal expenses such as laundry. These should generally all be paid for in local currency, though tips for guides and drivers may be paid in hard currency (GBP, USD, EUR).

It is difficult to recommend a level of personal spending money which will suit everyone as this can differ greatly, but as a guideline, we would suggest allowing USD 25-35 per person per day as a minimum. Allow more if you plan on doing lots of shopping, or buying many alcoholic drinks.

22. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions.

In addition, additional courses or boosters normally recommended for the countries in this region are:

Egypt: Tetanus, Typhoid, Hepatitis A

Jordan: Tetanus, Hepatitis A

Israel: Hepatitis A, Poliomyelitis

Lebanon: Diphtheria, Hepatitis A

Malaria is not generally present unless it has been contracted abroad; you do not need to take malaria prophylactics.

More information is available here: [Egypt](#), [Jordan](#), [Israel](#), [Lebanon](#)

Note: We are aware of some places in Egypt using 'black henna' instead of pure brown henna. Black henna contains a chemical dye PPD (paraphenylenediamine) which can result in severe allergic reactions and resultant scarring. To be safe we recommend avoiding any henna tattoos while in Egypt unless you are certain they are using pure brown henna.

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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
