



Travel to  
Israel  
broadens  
one!

# Jim Gold International Folk Tours

# Israel

Folk Dancing, Music, History, Culture, Adventure !

**March 1- 12, 2026**

**Jerusalem, Masada, Tel Aviv,  
Galilee, Haifa, Tiberias, Safed,  
Golan Heights, and more!**

**Led by Lee Friedman**

**Guided by Dr. Joe Freedman**



- ★ See the new-old, multi-faceted culture of Israel!
- ★ Meet the Israeli people, learn their songs and dances, visit historic sites!
- ★ For dancers, non-dancers, and anyone with a love of travel and culture
- ★ Folk dance with Israeli choreographers  
Balkan dance with Dunav
- ★ Meet Circassian, Bedouin, and Druze cultural groups
- ★ Price includes city tours, folk dance workshops, entrance fees, professional tour guide, breakfasts, most dinners
- ★ Note: Our tour is appropriate for people who keep kosher and observe Shabbat

## Our itinerary:

**Day 0: Sunday, March 1:** Depart on airline of your choice.

**Day 1: Monday, March 2, Arrive in Israel:** Land transfer on your own to the Dan Panorama Hotel. In the afternoon, an optional guided walking tour of the nearby, quaint neighborhood of Neve Tzedek. Dinner provided at the hotel. Overnight: Dan Panorama Hotel, Tel Aviv.

**Day 2: Tuesday, March 3, TEL AVIV:** Following breakfast and an orientation meeting we explore the **Independence Trail**, focusing

on the founding and growth of Tel Aviv. Enjoy walking through the **arts and crafts fair** on **Nahalat Binyamin** street. On the campus of Tel Aviv University we visit the **ANUMuseum**



**of the Jewish People**, a state-of-the-art museum which tells the story of the Jewish people, including music, dance and the arts. Late afternoon/evening enjoy **Israeli dancing** at Dizengoff Centre with **Yaron Meishar**. Free for dinner. Overnight: Dan Panorama Hotel, Tel Aviv.

**Day 3: Wednesday, March 4, Northern Exposure:** We head north along the coast to explore the amazing ruins of the ancient city of **Caesarea**. In **Haifa** we stop for a breathtaking view of Haifa Bay and the **Bahai Gardens**. After a lunch break we travel to **Deir el-Asad**, an Arab village in the Western Galilee, where we will tour and have a dance workshop with the inimitable **Yihye Abu-Juma**, a world-renowned instructor in **Debka** dances. We continue crossing the Galilee to check in to our hotel. Dinner and overnight: Nof Ginosar Kibbutz Hotel on the Kinneret Sea (Sea of Galilee).



**Day 4: Thursday, March 5, To the Heights:** In the mystical city of **Zfat (Safed)** we visit one of the colorful, historical synagogues and meet with a **Kabbalistic** (mystical) **artist**. Free time for shopping and lunch, followed by wine tasting at the **Old Zfat Winery**. Ascending to the Golan Heights we arrive at the **Druze village of Majdal Shams** and hear from a resident, Fauzia, about the life of the Druze religio-ethnic group, followed by a unique view into Syria. Return to the hotel. **Dinner and Overnight:** Nof Ginosar Kibbutz Hotel on the Kinneret Sea.



**Day 5: Friday, March 6, From the Galilee to Jerusalem:** Driving along the shore of the Kinneret Sea we pause to sing and dance to the songs of the poetess **Rahel** and of the song writer **Naomi Shemer**. In the charming village of **Kafr Kama** we learn **Circassian dances** and hear about the history of the local ethnic Moslems whose origins are in the Caucasus mountains. Traveling down the Jordan River Valley we arrive in **Jerusalem**. After checking into the hotel, we will be transported to the Western Wall (the Kotel) to observe Shabbat (Sabbath) services there. **"Shabbat" dinner provided at the hotel**. Overnight: Cassia Hotel (formerly, the King Solomon hotel), Jerusalem.



**Day 6: Saturday ("Shabbat"), March 7:** Day of leisure. **Optional tour to Bethlehem** (at Additional details and cost, TBA). On your own for lunch and dinner. Evening: optional **Israeli dancing** at one of a variety of folk dance clubs. Overnight: Cassia Hotel, Jerusalem.

**Day 7: Sunday, March 8, The Old City of Jerusalem:** Introduction to the walls around the Old City at the Jaffa Gate. In the **Christian Quarter** we briefly visit the **Church of the Holy Sepulcher** and other sites, as time permits. Moving on to the **Jewish Quarter** we tour ancient remains as well as the rebuilt **Hurva Synagogue**. Following a lunch break we descend to the **Kotel (Western Wall)** and participate in a tour of the **Kotel Tunnel**. Return to the hotel. Dinner on one's own. Evening: optional **Israeli dancing** with **Mimi Cogan** (see also tomorrow). Overnight: Cassia Hotel, Jerusalem.



**Day 8: Monday, March 9, Remembering and Celebrating Life:** Drive through Jerusalem's Cultural Mile to the **Yad Vashem Holocaust Museum** for a thorough visit. Afternoon: Enjoy lunch on your own, and walking around the colorful **Machaneh Yehuda Open-Air Market**. After returning to the hotel, an **Israeli folk dance seminar** with **Mimi Cogan** –



choreographer and folk dance teacher par excellence! Dinner on one's own. Overnight: Cassia Hotel, Jerusalem.

**Day 9: Tuesday, March 10, To The Lowest Place on Earth:** We check-out of the hotel and



descend to the area of the **Judean Desert**, with a brief stop at the beautiful oasis of the **Ein Gedi Nature Reserve**. We visit iconic **Masada** (ascending and descending via cable car) to admire its incredible remains and to learn about its controversial history. Afternoon: transfer to the **Dead Sea** hotel for use of the spa facilities and to float on the Dead Sea. Group dinner and overnight: Leonardo Plaza Hotel, Ein Boqueq, Dead Sea.



**Day 10: Wednesday, March 11, Life in the Desert:** After checking out of the hotel we make our way to the Negev desert where we visit with **Khalil Alamour** in the (unrecognized) **Bedouin village of Khan alSira**. He will show us how his home is self-sustaining and over traditional coffee and tea will talk about the challenges of the Bedouin community. Other sites in the Negev desert as time permits. Travel to **Tel Aviv**. Check-in to the Dan Panorama hotel (for those not flying late this night). Final dinner at a Mediterranean style restaurant. Return to the hotel or drop-off at Ben Gurion Airport. Overnight (for those who are staying) at the Dan Panorama hotel.

**Day 11: Thursday, March 12:** Transfer to airport on your own. Depart on airline of your choice.



**About Joe Freedman:** Joe's interest in international folk dancing and folk guitar began at 12 years old in St. Louis. He holds undergraduate degrees from Columbia University and The Jewish Theological Seminary, and a doctorate in education from Columbia Teachers College. In New York he studied Israeli dance instruction with the legendary Fred Berk. In 1980 he and his wife moved to Israel where he organized educational tours as director of the Ramah Programs in Israel. A licensed Israeli tour guide and certified Israeli folk dance instructor, Joe loves connecting Israeli music and dance to sites in Israel and sharing his enthusiasm about the country with tourists. [www.joefreedman.co.il](http://www.joefreedman.co.il)



**About Lee Friedman**

Lee Friedman has been dancing for over 40 years. She first started doing International Dancing with Lenny Johnson on the steps of the Philadelphia Art Museum. The 70's and 80's were the golden years of dancing in Philadelphia and she would do International dancing 4 nights a week. From there she discovered Israeli, Contras, Swing, Scandinavian, Cajun, and Zydeco dancing. Over the years she has taught International and Israeli Dancing at a variety of venues, including The Old Songs Festival, The Philadelphia Folk Song Society and, for Temples, Bat Mitzvahs, and adult groups. Since retiring from the Philadelphia School System, she has been traveling a lot with Jim Gold, Yves Moreau, and Steve Kotansky to learn dancing in some of the countries where they originated and to see the countries and meet the people who live there.

Visit [www.jimgold.com](http://www.jimgold.com) to see YOUTUBE tour videos!

**Israel: Land Only: \$4995**

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**REGISTRATION FORM:**

Enclosed is my registration deposit of \$200 per person. Single supplement: \$995. Additional

charges: \$185 hotel taxes and service. Gratuities and drinks during meals not included. Program subject to change without notice. All tours have a professional guide. Over 10 participants, and tour will have an additional leader. Cancellations 90 days prior to departure: Total refund. Less than 90 days: No refund. Travel insurance recommended. **Total balance due December 1, 2026.**

Name/s \_\_\_\_\_

Address \_\_\_\_\_

No. of people \_\_\_\_\_ Phone(\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Make checks payable to: **Jim Gold International, Inc.**, 497 Cumberland Ave., Teaneck, NJ 07666  
(201) 836-0362 Email: [www.jimgold.com](http://www.jimgold.com)



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#### JIM GOLD INTERNATIONAL: TERMS AND CONDITIONS

**Air Transportation:** International air not included except as noted.

**Rates:** Tour rates are subject to change in the event of currency fluctuations or increase in costs. Inclusive tour rates are per person in double occupancy. In case of computer or human billing errors, we reserve the right to reinvoice clients with corrected billing.

**Reservations:** Deposits and Payments: Deposit of \$200 per person is required at time of reservation. Balance is due 90 days prior to departure date.

**Changes:** Prices and program subject to change without notice

**Baggage:** One baggage per person and a carry on is allowed.

**Cancellations:** Cancellations 90 days prior to departure: Total refund. Less than 90 days: No refund. Additionally, any cancellation fees imposed by the respective hotels, airlines, tour companies and cruise lines will be charged. Travel Insurance is non-refundable as are unused services.

**Gratuities:** Tipping to guides, drivers, transfer personnel and hotel staff is left to the discretion of the participants and is

not included.

**Insurance:** Tour participants are **strongly recommended to purchase insurance** for trip cancellation, trip interruption, accident, sickness and/or loss of baggage and personal effects.

**Dispute Resolution:** The sole and exclusive method of resolving any dispute which might rise under this agreement and any agreement between Jim Gold International, Inc., and another party (ies), the brochure or website and deemed to arise in the United States of America, shall be by arbitration before the American Arbitration Association in New York City pursuant to the Association's rules then in effect. Any such arbitration must take place in N.Y.C., N.Y. In any such arbitration, the substantive law of N.Y. will apply. In the event a tour participant should find a service or hotel unacceptable, it should be reported immediately to the local representative and to Jim Gold International, Inc. upon their immediate return. No claim shall be deemed legitimate if not reported to the local representative and if reported after the scheduled service or after departure from the hotel.

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Neither Jim Gold International, Inc. nor any of its affiliates or subsidiaries shall be or become liable or responsible for any additional expenses or liability sustained or incurred by the tour member as a result of any of the aforementioned causes. Tour participant agrees that any claim against Jim Gold International, Inc. is subject only to the jurisdiction of the courts of the country in which the cause of action arose. The right is reserved to substitute hotels and to alter itineraries. The right is also reserved to cancel the tour prior to departure. If any tour is canceled prior to departure, Jim Gold International, Inc. will be responsible only up to the amount of monies Jim Gold International, Inc. received less any cancellation fee applied by a supplier as defined above. Travel Insurance is recommended.

Jim Gold International, Inc. is not responsible or liable for defaults of those not directly under the exclusive control of Jim Gold International, Inc.

All tickets and vouchers issued for transportation and services are subject to the terms and conditions under which such transportation and services are provided to the participant by the owners or contractors. The traveler assumes full responsibility for, and hereby releases Jim Gold International, Inc. from any duty of checking and verifying any and all passport, visa, vaccination or other entry requirements for each destination, and all safety and security conditions during the length of the proposed travel. Should any clause contained here in be determined void by any court of law, such a finding shall not affect the other clauses contained herein; each clause is a covenant which stand on its own. The receipt of your deposit and/or final payment will indicate that you have read these Terms and Conditions, and that you have agreed to them. Prices are subject to change.

Jim Gold International, Inc. 497 Cumberland Avenue, Teaneck, NJ 07666 U.S.A.

Phone: (201) 836-0362 [www.jimgold.com](http://www.jimgold.com) e-mail: [jimgold@jimgold.com](mailto:jimgold@jimgold.com)