



# 2022 SPECTATOR GUIDE WHO TO WATCH



**KKL-JNF And Bara Epic Israel powered by Trek is inviting you to accompany the largest Israeli cycling event from the front seat, for an unforgettable experience**  
**Come cheer and support the best riders from Israel and around the world, and be a part of the race excitement.**

One of the main goals of the production of Bara Epic Israel in collaboration with KKL-JNF, is to help create a culture of cycling and love of nature and outdoors - We invite you to follow the race from the minutes before the start, through the spectator points on which we will elaborate soon, to the nerve-wracking finish of each stage at the race village.

An experience that will sweep you away and make you part of one of the world's most special sporting events, traversing through beautiful points along the route. With the now improved Covid-19 climate, the international spirit is back!

You are most welcome to watch the national and international cycling heroes on their way to being Finishers of Bara Epic Israel 2022.

KKL-JNF has invested tremendous resources in promoting and supporting cycling infrastructure, building dedicated routes, and making KKL-JNF forests a mountain biking paradise. The spectator points combine KKL-JNF parking spaces, with designated tracks designed for riders' benefit and Israeli nature at its best. We invite you to pack your picnic baskets, rattles, and pompons and come to cheer on Bara Epic Israel "The Israeli Tour de France" !!!

For more than a decade KKL-JNF invests tremendous resources in promoting and supporting cycling infrastructure, building dedicated routes, and making KKL-JNF forests a mountain biking paradise.

**A link to KKL-JNF cycling routes: <https://www.eyarok.org.il/bike/>**


The finishers celebration and the last podium ceremony will be held at the race village (Nachsholim Hotel) on Saturday 24/9 at 12:00 PM.

## Spectator points:

Here are the spectator points, including estimated times in which the riders will pass according to their average speed. The transition times at each point are based on average riding speed.

This year the feed zones are the majority of the spectator points, where you can meet our volunteer staff, and with your cheering, the station will become full of energy and excitement!

## PROLOGUE 21-9-22 Caesarea harbor

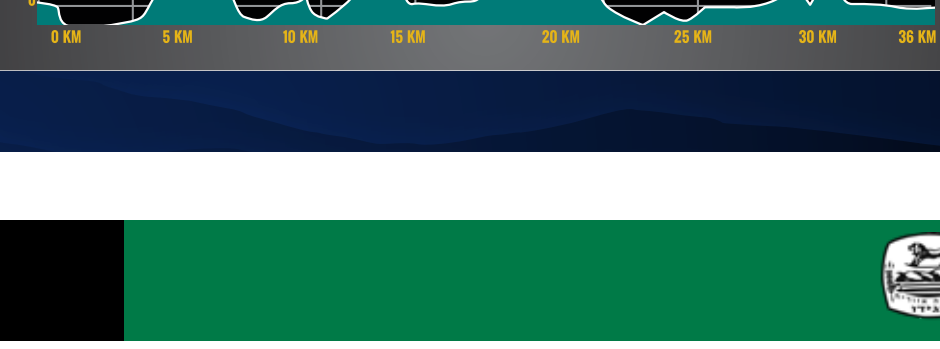


**WAZE: Caesarea National Park**  
[waze.com/ul/hsybcbu2lq](https://waze.com/ul/hsybcbu2lq)

The prologue starts from Nachsholim hotel, on the stunning seashore. Each team starts separately every 30 seconds. The starts will happen between 10:00-12:20.

**Beside cheering on the riders in the race village, we recommend visiting one more beautiful spectator point - Caesarea old harbor.**

Old Caesarea Port - A tremendous experience of ancient history and modern times in one place! In cooperation with the Caesarea Municipality, we're honored to have the amazing opportunity of riding in this unique historical area. Spectators should park in the south parking lot, and walk into the Old Caesarea Port. From the main lawn, you can watch the riders, cheer them on and enjoy the DJ and the music he will play especially for the event. Spectators interested to watch and cheer the riders when they pass by, will park their cars at the south parking lot, and walk inside the old harbor area. On the main lawn, you can see the riders and cheer the riders together with a DJ and a commentator that will wait for you there.

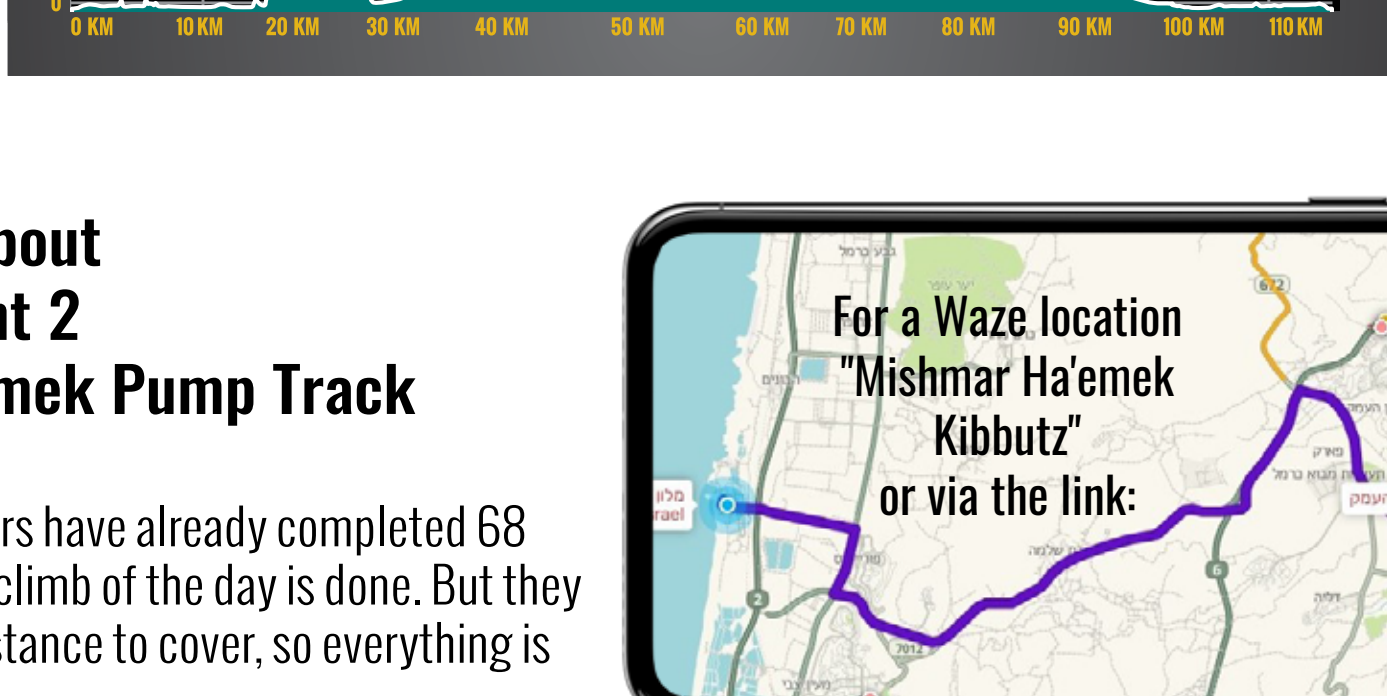


**PROLOGUE**

## STAGE # 1 - 22-9-22

**The 1st stage is the longest stage – 111km with 1200 m climbing,**  
general direction east – Megido municipality.

	Km from start	Name of location	28 KM/H (Front of the field)	18 KM/H (Middle of the field)	13 KM/H (Back of the field)
1	0	Race village	07:00	0	
2	68	Mishmar Ha'emek pump trek	09:25	10:45	12:10
3	11:86	Alona school - Amikam	10:05	11:45	13:35
4	111	Race village	11:00	13:10	15:30

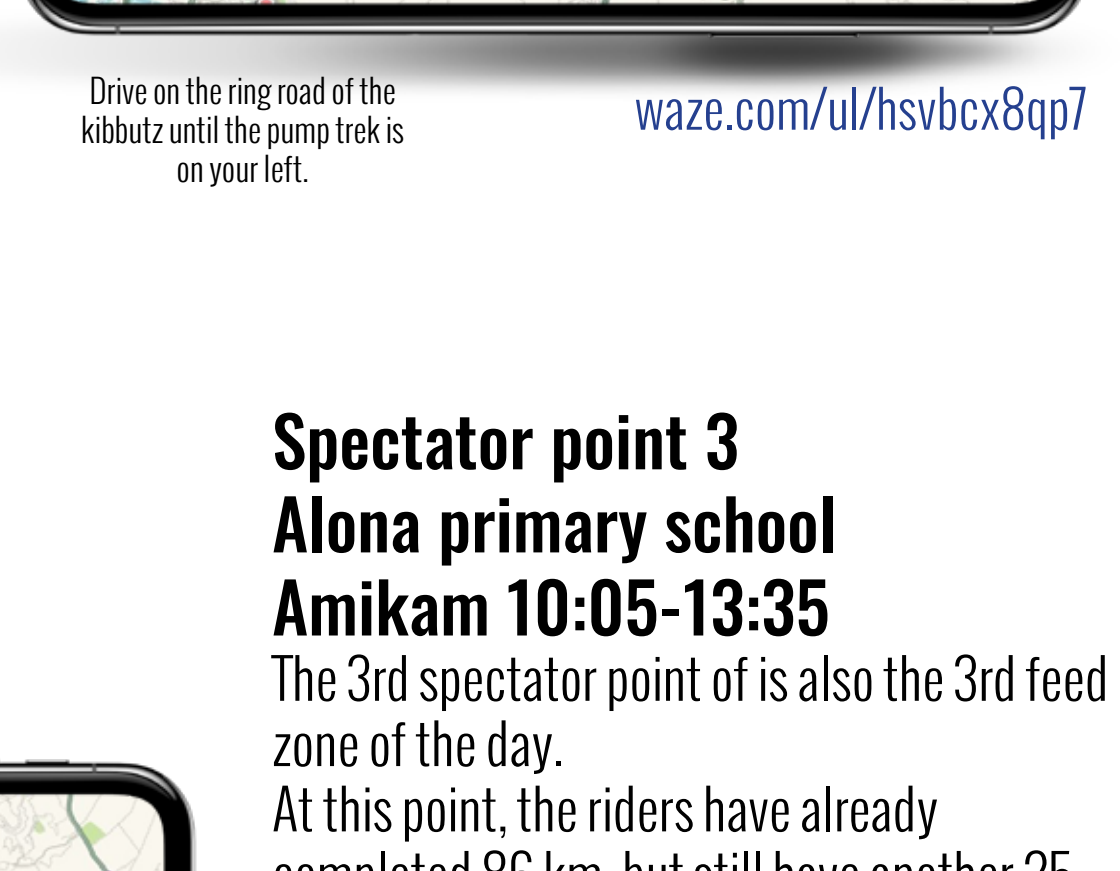


**Information about spectator point 2**  
**Mishmar Ha'emek Pump Track**  
**09:25 -12:10**

At this point the riders have already completed 68 km and most of the climb of the day is done. But they still have enough distance to cover, so everything is possible.

At the 2nd feed zone of the day, in is the longest stage of the race, the riders will need your cheers and your most welcoming support.

Kibbutz Mishmar Hamemek in the Megido Municipality knows how to party, and with great vibes at this cheering point- you are invited to join!

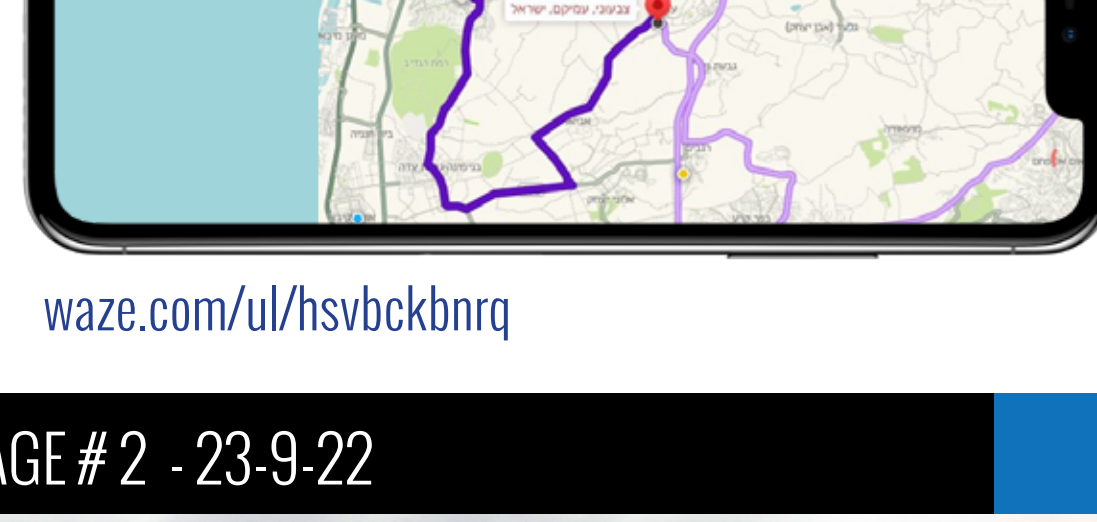


**Spectator point 3**  
**Alona primary school Amikam 10:05-13:35**

The 3rd spectator point of is also the 3rd feed zone of the day.

At this point, the riders have already completed 86 km, but still have another 25 km to go.

The gaps between the teams will be significant and they will be thirsty not only for water but also for your cheers!



## STAGE # 2 - 23-9-22

**Stage 2 and 3rd day of the race, 78 km with 1200 m climbing**

	Km from start	Name of location	28 KM/H (Front of the field)	18 KM/H (Middle of the field)	13 KM/H (Back of the field)
1	0	Race village - Nachsholim hotel	07:00		
2	18.5	Ein Hod	08:10	08:30	08:55
3	39.5	Kerem Ma'Haral	08:55	09:45	10:40
4	78	Race village	10:15	11:45	13:30

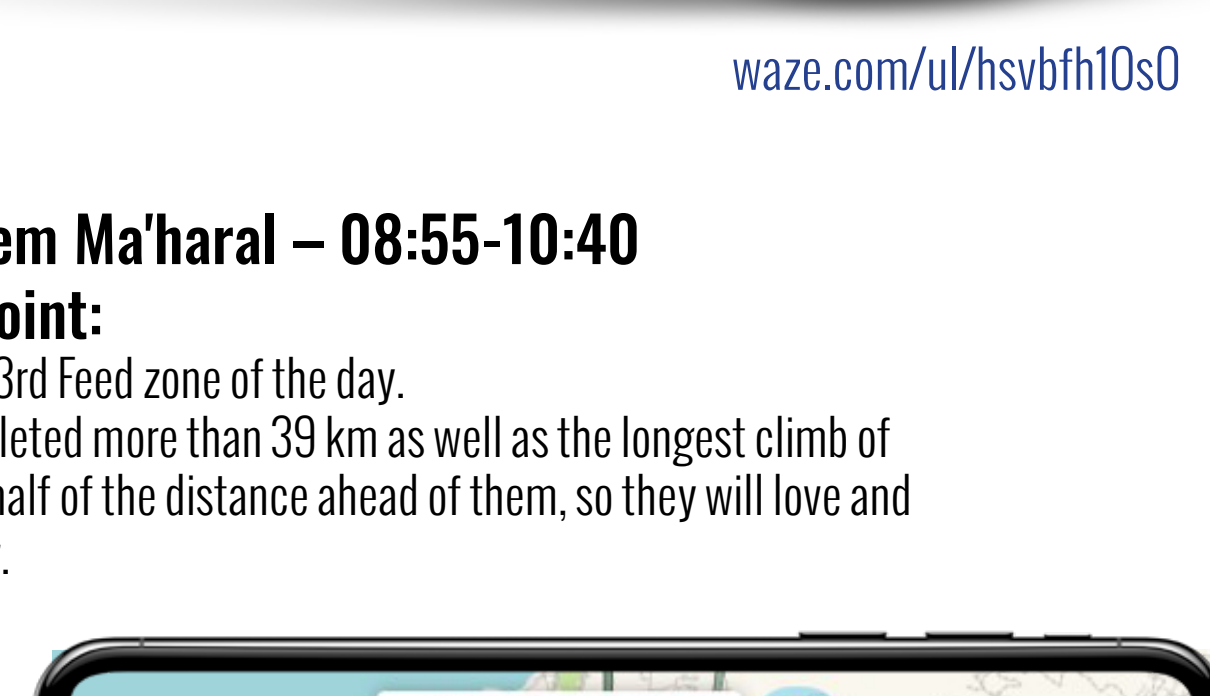


**Spectator point 2 – Ein Hod – village center – 08:10-08:55**

### Information about the point:

Ein Hod is a unique arts & crafts village, the capital of culture and art in the Hof Carmel area. The riders will pass there after a very fast 14 km section, and you will have tough competition with the riders if you want to get there by car right after the start of the race. So prepare to make your way to this point quickly! The artists of the village will put on a spectacular display here so it is really worth spending some time here.

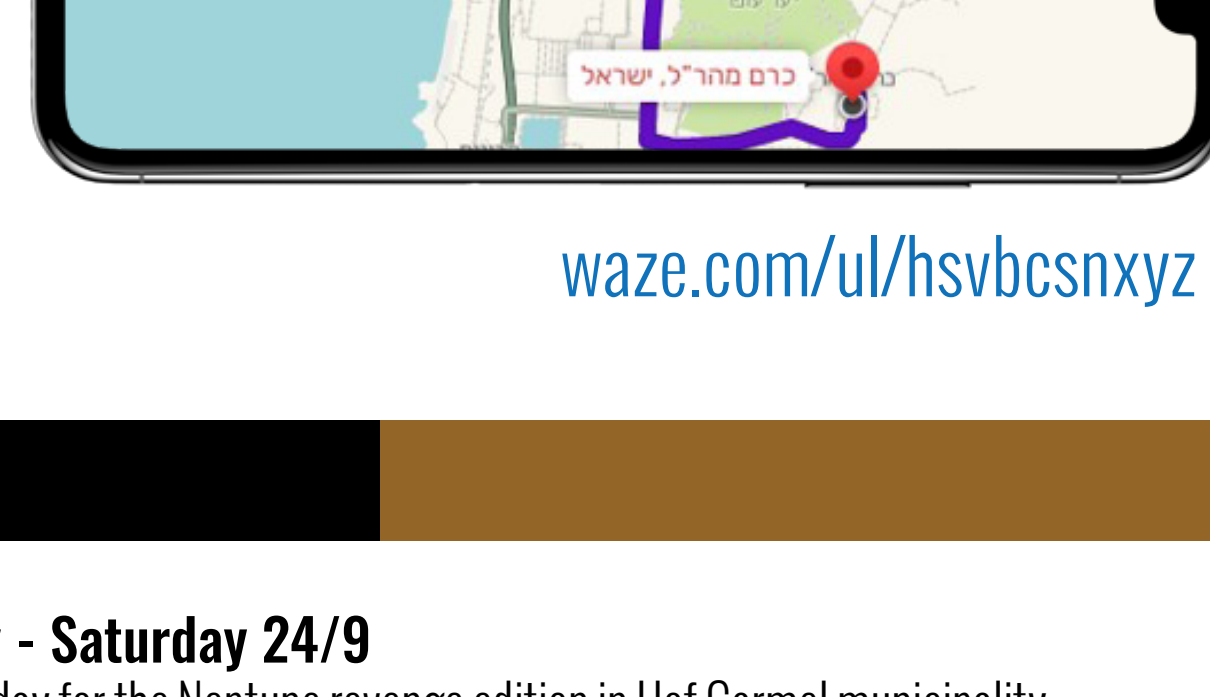
You must park in the main parking lot outside the village and walk to the center village on foot. Please pay attention, as you will walk the same way as the riders. Be careful to stay on the side and don't worry, our team will be there to guide you.



**Spectator point 3 – Kerem Ma'haral – 08:55-10:40**

### Information about the point:

The 3rd spectator point is also the 3rd Feed zone of the day. At this stage, the riders have completed more than 39 km as well as the longest climb of the day. They still have more than half of the distance ahead of them, so they will love and embrace your energy and cheering.



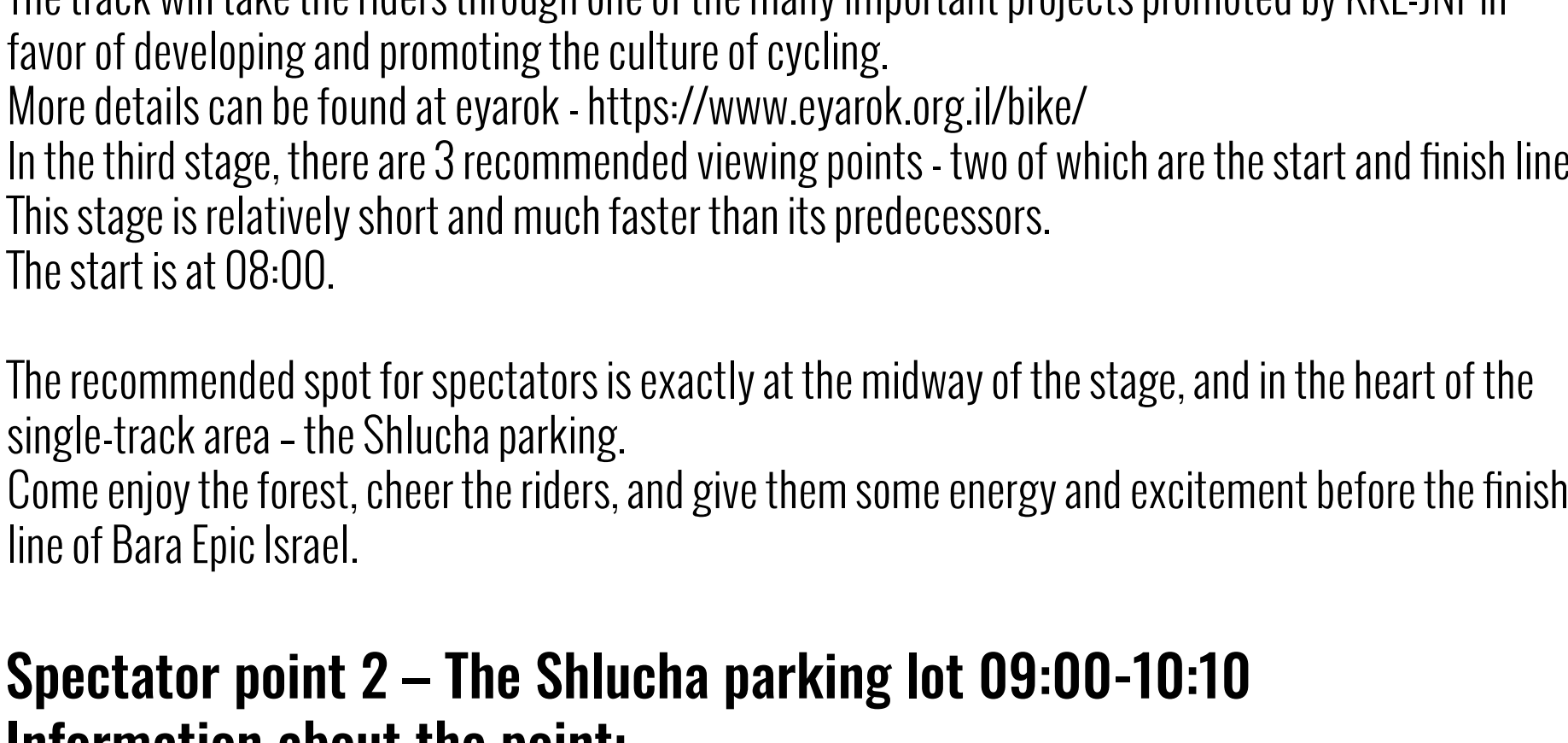
## STAGE # 3 - 24-9-22

**3rd and last day - Saturday 24/9**

Last and concluding day for the Neptune revenge edition in Hof Carmel municipality.

53 km of the best views and tracks in the area!

	Km from start	Name of location	28 KM/H (Front of the field)	18 KM/H (Middle of the field)	13 KM/H (Back of the field)
1	0	Race village	08:00		
2	28.5	The Shlucha parking	09:00	09:30	10:10
3	53.5	Race village	09:55	11:00	12:10



The third stage combines KKL-JNF Singles in Meirav Center. The track will take the riders through one of the many important projects promoted by KKL-JNF in favor of developing and promoting the culture of cycling. More details can be found at eyarok - <https://www.eyarok.org.il/bike/> In the third stage, there are 3 recommended viewing points - two of which are the start and finish line. This stage is relatively short and much faster than its predecessors. The start is at 08:00.

The recommended spot for spectators is exactly at the midway of the stage, and in the heart of the single-track area – the Shlucha parking. Come enjoy the forest, cheer the riders, and give them some energy and excitement before the finish line of Bara Epic Israel.

**Spectator point 2 – The Shlucha parking lot 09:00-10:10**

### Information about the point:

This point is located 28.5 km from the start, where you can meet the 1-day race participants on this long course, and the 2022 Bara Epic Israel heroes, on their way to complete the 4th stage. This feed zone will be the last feed zone for Bara Epic Israel 2022

[waze.com/ul/hsybce28s8](https://waze.com/ul/hsybce28s8)

