

# DISCOVER NATURE NEARBY

## Hiking & Biking Trails around Hof Hasharon Region

### LEGEND

- Family
- Hike Lovers
- Circular Trail
- Marked Trails
- Time & Length of trail
- National Park / Nature Reserve
- Blossoming
- Lookout
- Historical Site
- Birdwatching
- Location on Map

### ALONG THE ISRAEL TRAIL

One of the most beautiful sections of the Israel trail passes through the Hof Hasharon region.

- B/4
- Hiking trail
- Hike lovers
- Trail length: 10 km (entire route)
- Hike time: 4-5 hours
- Recommended season: All year
- Starting point: Nahal (stream) Poleg estuary. Access from HaYarok Beach in Netanya (via Shosh Atari St.)
- Ending point: Appolonya National Park
- Markings: Israel Trail markings (white, blue and orange)
- Special interest: Flowers in February-March. Spectacular lookouts on the coastal sandstone ridge.



### 3 SHA'AR POLEG NATURE RESERVE

The classic route through the reserve passes by Roman Gap and Tel Poleg.

**C/D/4**

**Trail type:** Circular hiking trail  
**Degree of difficulty:** Easy  
**Trail length:** About 2 km  
**Hike time:** 1-2 hours  
**Recommended season:** All year  
**Starting/ending point:** Yakum Lake (Seasonal Lake) parking lot  
**Markings:** Red, black  
**Special interest:** Flowers in February-March  
**Note:** The hike can be extended to the "Reeds Route" and to HaShalom Hill (not marked on the marked trail area).

### 6 MARSH TRAIL: AROUND UPPER NAHAL POLEG

Stroll along Poleg stream and Poleg wetland, which usually dries up during May.

**D/7**

**Trail type:** Circular hiking trail  
**Degree of difficulty:** Easy  
**Trail length:** 5 km  
**Hike time:** 2 hours  
**Recommended season:** December-May  
**Starting/ending point:** Sadot event garden (inactive) parking lot  
**Markings:** Part of the trail is marked in red  
**Special interest:** Winter pond birds and plants; Tel Yits'hak Nature Reserve, which preserves sandstone vegetation; Kibbutz Tel Yits'hak "tower and stockade" heritage site.

### 9 HOF HASHARON NATIONAL PARK - SHEFAYIM GATE

A stroll along the top of the coastal sandstone cliff, with a magnificent view of the cliff face from an observation terrace with benches for resting.

**H/2**

**Trail type:** Circular hiking trail  
**Degree of difficulty:** Easy  
**Trail length:** About 4 km  
**Cycling time:** 2-3 hours  
**Recommended season:** All year  
**Starting/ending point:** Southern gate parking lot, west of Shefayim  
**Trail markings:** Several options. Recommended: Red, blue, green, black  
**Special interest:** Spring flowers in February-March, coastal sandstone ridge  
**Note:** The trail can also be entered from the Gaash Beach parking lot.

### BIKE HOF HASHARON CIRCULAR ROUTE

Through changing landscapes of agriculture, nature reserve, sandstone cliffs and sea.

**Trail type:** Circular bicycle trail  
**Degree of difficulty:** Medium  
**Trail length:** 31 km  
**Cycling time:** 3 hours (net)  
**Recommended season:** All year (in winter – NOT following a rainy day)  
**Starting/ending point:** Amphipark parking lot, Lev neighborhood, Ra'anana Park (or any other point along the circular route)  
**Along the route:** Leave from the western edge of Ra'anana and go past the HaZevul Mtn. (Garbage Mtn.) lookout. Continue along the Ra'anana-Batsra stream, Bnei Zion Nature Reserve and Harutsim. Cycle past orchards, cross Nahal Poleg and alongside agricultural fields, past Tel Yits'hak Nature Reserve and Poleg marsh. Go alongside the railway heading north. You can continue north to the paved path through Beit Yehoshu'a and Kfar Netter or continue west toward Udum, crossing over the railway on a small bridge. Go past Agamon HaPoleg (Pond), Udum and Poleg Nature Reserve. After going over a bridge the path heads south toward Yakum Lake. Continue along the access road to the Alonit gas station and cross the coastal highway on the foot bridge and join the Israel Trail that traverses Hof HaSharon National Park to the edge of the Green Gallery at Arsurf Kedem. At this point turn east and cross the coastal highway on the overpass, cycle past Rishpon and back to Ra'anana.  
**Note:** This is an off-road trail. Most of the route is not marked in any way. Cycle at your own risk.  
**Special interest:** Cultivated fields, sandstone ridges



### 4 NAHAL POLEG ESTUARY

Hike along Poleg stream, where water flows year-round, to where the stream meets the sea. Return to the starting point via the foot bridge that crosses the coastal highway (Rt. 2).

**C/D/4**

**Trail type:** Circular hiking trail  
**Degree of difficulty:** Easy  
**Trail length:** About 6 km  
**Hike time:** 2-3 hours  
**Recommended season:** All year  
**Starting/ending point:** Yakum Lake (Seasonal Lake) parking lot  
**Markings:** Red, black, Israel Trail, red, green, black, red.  
**Special interest:** Spring flowers in February-March; summer flowers along the beach, stream estuary and shifting sand dunes.

### 7 HOF HASHARON NATIONAL PARK - GA'ASH GATE

Hike along the coastal sandstone ridge of the national park. Eucalyptus groves, typical sand dune plants and magnificent lookouts from the cliffs overlooking the water.

**F/3**

**Trail type:** Circular hiking trail  
**Degree of difficulty:** Easy  
**Trail length:** About 2 km  
**Hike time:** 1-2 hours  
**Recommended season:** All year  
**Starting/ending point:** Behind Kibbutz Ga'ash, at the extension of the Hamme Ga'ash access road.  
**Markings:** Several options. Red, Israel Trail, green, Israel Trail, red  
**Special interest:** Spring flowers in February-March, coastal sandstone ridge landscape, loam grottos

### 10 THE GREEN GALLERY

Art exhibit in nature, with environmental messages in the fields of Arsurf Kedem. The gallery is open all week long and entrance is free.

**I/3**

**Trail type:** Environmental sculptures in the open landscape  
**Degree of difficulty:** Easy  
**Trail length:** 1.5 km  
**Hike time:** 1-2 hours  
**Recommended season:** All year  
**Starting/ending point:** Arsurf Kedem  
**Special interest:** Environmental sculpture and art; good site for birdwatching; gazelles, path down to the beach joins the Israel Trail.



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### 2 AGAMON (POND) HAPOLEG (UDIM QUARRY)

A small lake in the bed of an abandoned sandstone quarry that holds water year-round. Many kinds of birds in winter and songbirds in summer. A birdwatching park is planned for the perimeter of this site.

**C/5**

**Trail type:** Visit to reservoir and water birdwatching  
**Degree of difficulty:** Easy  
**Trail length:** About 2 km  
**Hike time:** 3-4 hours  
**Recommended season:** Fall, winter, spring  
**Starting/ending point:** Southeastern edge of Moshav Udum (end of Hashomer St.)  
**Warning:** Sandstone is a crumbly rock. DO NOT GO NEAR the edge of the cliff. Entering the water is forbidden.  
**Special interest:** Water birds in winter, Poleg stream marsh, pecan groves, wetland vegetation.

### 5 HOF HASHARON NATIONAL PARK - NORTHERN GATE

Hike along the coastal sandstone ridge of the national park. Eucalyptus groves, typical sand dune plants and magnificent lookouts from the cliffs overlooking the water.

**D/4**

**Trail type:** Circular hiking trail  
**Degree of difficulty:** Easy  
**Trail length:** About 3 km  
**Hike time:** 1-2 hours  
**Recommended season:** All year  
**Starting/ending point:** Northern gate (south of Wingate Institute)  
**Markings:** Several options. Recommended: Red, Israel Trail, red.  
**Special interest:** Flowers in February-March; coastal sandstone ridge landscape

### 8 GA'ASH BEACH

A walk along the breathtaking shoreline of the Hof HaSharon National Park, between the sea and the sandstone cliffs. In summer this is a regulated beach with a lifeguard and shaded gazebos. In July-September sea turtles lay eggs here.

**G/3**

**Trail type:** Beach hike  
**Degree of difficulty:** Easy  
**Trail length:** Flexible  
**Hike time:** Flexible  
**Recommended season:** All year  
**Starting/ending point:** Ga'ash beach parking lot.  
**Markings:** Down to the beach – Israel Trail  
**Special interest:** Beach at the base of sandstone cliffs, shallow pools between rocks along the shore.

### Instructions for hikers and bikers

- Keep to the marked trails, for your own safety and for the preservation of nature.
- DO NOT GO NEAR the edge of the sandstone cliffs above the beach, at Agamon Hapoleg or anywhere else. The soil at the cliff edge is loose and can collapse without any warning.
- Leave before dark. No overnight camping. No lighting fires.
- If you see a hazard in a park or reserve, please report it to the Nature and Parks Authority, Tel: \*3639 24 hours a day.
- If you see a hazard outside the parks or reserves, please report it to the Hof Hasharon Regional Council, Tel: 09-9596580 or \*5215
- Please do not enter cultivated areas. Do not damage the farmers' property and do not pick their crops.
- Please respect the privacy of the residents and avoid entering residential areas as much as possible.
- Do not leave anything behind. Take your trash with you and put it in the recycle bins.

### Green lung: Open green spaces such as parks, public gardens, agricultural fields and groves of trees in and around the city which help to purify the air by absorbing carbon dioxide and emitting oxygen.

Green lung areas are beneficial for our physical and mental health alike, by providing spaces for leisure activities, recreation and sports free of charge in the clean air, and the green, shaded and relaxing surroundings.

### Tips for responsible touring

- Tour on foot or bicycle and reduce gas costs and air pollution.
- Buy local and environmentally friendly products.
- Do not collect anything from nature, such as stones or shells.
- Do not feed or approach wild animals, even to photograph them.
- Do not trample or pick wild plants or flowers.
- Learn about your tour destination. This will make your experience more meaningful and enjoyable.
- Reduce waste production and consumption as much as possible.
- Do not leave anything behind. Take your trash with you and put it in recycle bins.
- Learn about your tour destination. This will make your experience more meaningful and enjoyable.

**Do not leave any trace of your visit, and take with you only photographs and good memories.**

### Dear tourists,

The Sharon coast is a treasure trove of nature, landscapes and Israeli heritage in the heart of the country, a short drive from the Dan region and the urban parts of Sharon. Sandstone cliffs tower above clean beaches, a river meanders its way to the sea, remnants of swamps preserve landscapes for vegetation and rare animals, and expanses of fields. Marked hiking and biking trails lead visitors to the most beautiful sites in the nature reserves, national parks and open spaces. The regional council's vision is for this area to be a "green lung" for the coastal cities and as such we have prioritized sustainable development that will preserve the natural resources, landscapes and agricultural character for future generations. This map offers you plentiful information on tour routes along the Sharon coast. We have chosen 11 routes for you, but this map can help you to plan many more. Entrance to nature sites throughout the region is free of charge. Please follow all the safety regulations, do not do anything that could harm the plants or animals and of course, do not litter.

**We wish you a pleasant visit.**

**Eli Bracha**  
Regional Council Chair  
Hof Hasharon

**Hof Hasharon Regional Council**  
**09-9596580**  
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