

2023

SPECTATOR GUIDE

WHO TO WATCH



@almogovir



KKL-JNF & Bara Epic Israel Powered by Trek Invites you to accompany the biggest Cycling Event in Israel from the front row, for an unforgettable experience.

- Come and cheer on the best riders from Israel and around the world!
- Join us for cheering Parties accompanied by music & enthusiasm!
- Exceptional and beautiful viewing points along the route
- Join us for an unforgettable experience!

One of the goals of Bara Epic Israel, in collaboration with KKL-JNF, is to promote a recreational culture related to cycling and the love of nature.

Join us in accompanying the event from minutes before the start, through spectator points along the route, and ending with the thrilling finish of each stage in the race village.

Come immerse yourself in one of the special sporting events in the world. Watch as the best mountain bikers in Israel and from around the world race on their way to win the Bara Epic Israel 2023.

See below for a full list of spectator points and cheering events along the routes.

KKL-JNF invests significant resources in promoting leisure culture in forests and parks in Israel. KKL-JNF has assisted the sport of cycling in Israel by constructing an infrastructure of trail for mountain bikes, including maintenance, and on-going development.

KKL-JNF has built thousands of kilometers of dedicated biking trails and turned the forests into a paradise for mountain biking enthusiasts, combining different riding levels starting from beginners, through family trails, to enduro tracks.

Link to KKL-JNF's biking trails website:

<https://www.kkl.org.il/bike/>

We invite you to pack picnic baskets, snacks, horns, whistles, and masks, and come accompany Bara Epic Israel the "Tour de France of Israel"!

Come join the celebration, welcoming the finishers to the amazing race village. This year the race village is located at the beautiful Nahsholim Beach Hotel in the Hof HaCarmel Regional Council.

Finally, come congratulate the winners - Saturday 14/10 at 11:30 am at Nahsholim Hotel



STAGE #1 - 11-10-23

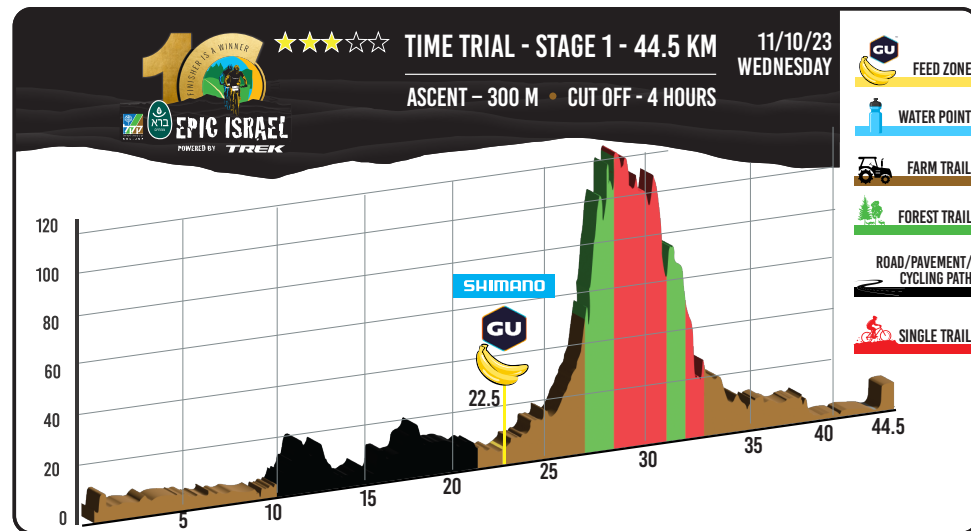
Spectator points:

Below please find recommended Spectator points, including estimated time for the riders to pass the point - according to average speed.

This year, the Spectator points are together with the rider's Feed zones. At the Spectator points you will meet our team of volunteers and join the music and cheer to help refresh the riders with energy!

Distance - 44.5 km | Elevation Gain - 300 meters | Time limit - 4 hours

A cheering party in the port of Caesarea



Starting off at Nahhsholim Beach Hotel, on a beautiful stretch of beach. Each team starts separately, every 30 seconds. The cycles will start between 09:00 and 11:00 AM. You are invited to come and encourage the riders as they start off.

For this day we recommend a stunning spectator point - the ancient Port of Caesarea. In a rare collaboration between Caesarea and the Nature and Parks Authority, we have the privilege of riding through this amazing historical complex. The riders will go through the Caesarea National Park, the Hippodrome, and the theater, it is going to be a blast!

Come - join us in the amazing Port of Caesarea! We recommend parking your car at the Caesarea Port parking lot and entering the port on foot. On the central lawn, you will find a DJ & a commentator to add to the fun and cheer.

Please note - the entrance fee to the port - NIS 14

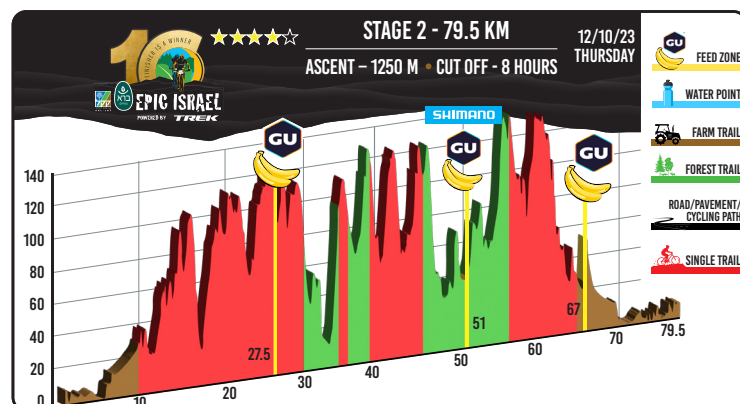
WAZE Point: You can put "Caesaria Wineries - Parking" in WAZE
Caesarea Winery: <https://waze.com/ul/hsybfbh9q1>



STAGE # 2 - 12-109-23

Distance-79.5 km | Elevation Gain - 1250 meters | Time limit - 8 hours

- The second stage is characterized by the largest percentage of singletrails - 55%
- Start at 07:00 am.
- Expected finish time for first riders - 10:00 am.



	Point Name	KM from the start	28 KM/H	18 KM/H (Center field)	13 KM/H (The field)
1	Race village-Nahsholim Hotel	0	07:00		
2	Fureidis	27.5	08:00	08:30	09:05
3	Bat Shlomo	51	09:00	09:50	11:00
4	Finish at Nahsholim Hotel	79.5	09:45	11:20	13:00

Fureidis Cheering Party - spectator point 2

- Where: Along Hof HaCarmel KKL-JNF singletrail in Fureidis
- Time: between 08:00-09:05 am.

This spectator point meets the riders as they pass the first singletrail section after 27.5 KM. With the riders first feed zone of the day.

The people of Fureidis and the ECC bicycle club led by Hassan Amar, who promotes and elevates the bicycle industry in the area, are preparing a real celebration for you with a great local atmosphere.

Directions:

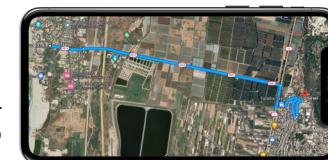
From Highway 4, about 1.3 km north of the Fureidis junction, turn right at the northern entrance to Fureidis and immediately turn left, right and left again. After about another 500 m turn left at the junction, and after about 700 m, before the buildings start on the left, turn left onto the road that is under construction and drive towards the forest.

The spectator point is also the feed zone station, please listen to the instructions of the staff there. Only the staff of the Feed Zones are allowed to help.

Remember: Providing external assistance is prohibited.

WAZE Point: You can put the address in WAZE - Zohoor El Pardos, Foreidis.

<https://waze.com/ul/hsvbc7wbu9>



Spectator Point #3 - Bat Shlomo (East) - Between 09:00-11:00

Bat Shlomo was established in 1889 with funding from the philanthropist Edmond De Rothschild. It is a pictures village with ancient houses and residents who hold the land close to their hearts, worth coming to visit not only during the event.

The third spectator point is also the second feed zone of the day. At this point, the riders have already covered more than half of the day - 51 km, and two out of 3 main singletrails sections. The gaps will already be noticeable, but the celebration will be big.

This cheering point is next to the local coffee cart, a DJ, a commentator and the children from the schools in the area will come to celebrate with us.

The celebration will be next to the nicest bike shop in the area - Bikedéal.

Please note, the spectator point will be near the coffee cart on the east side of Bat Shlomo, please park only in the parking lot.

If the un-paved parking ends there, please do not park on the side of the road because it will interfere with the rider's lane, please park according to the WAZE on the west side and arrive on foot to the cheering party.

WAZE point: you can put in the WAZE "Hanvaniya Bat Shlomo" - a large parking lot, in front of the store. Get off at the Bat Shlomo interchange, turn west, at the square turn left to the parking lot. Cross the interchange on foot and go up to the eastern side according to the sounds of music and cheering.

WAZE Point: or you can put "old Bat Shlomo"

<https://waze.com/ul/hsvbckw17t>

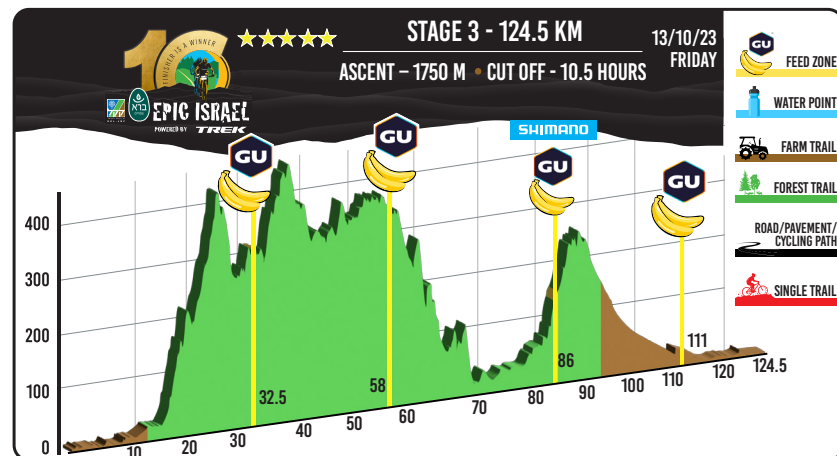


STAGE #3 - 13-10-23

Distance 124.5 km | Elevation Gain -1750 min | Time limit - 10.5 hours

The third stage - the stage of the decade!

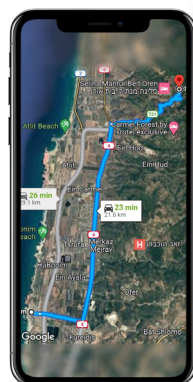
The Queen's Stage - this is the day that the riders will need every drop of encouragement to finish the challenge successfully.



Observation Point #2 - Kibbutz Beit Oren - Horse Farm - 07:40-08:50

Kibbutz Beit Oren - established in 1934, the kibbutz is based mainly on agriculture and tourism.

The riders will arrive after 32.5 km and about 700 meters of climbing. This is the first feed zone, but due to the climb, there will already be quite a gap between the riders, they will need fluids and your encouragement to continue the climb.



WAZE point: You can put "Beit Oren" in WAZE
<https://waze.com/ul/hsvbfhyb1t>

Spectator and Cheering Party #3 - "Pump Trek" in Kibbutz Mishmar Hamek - between the hours of 09:35-13:05

At this point the riders have already ridden 86 km and reached the highest peak of the day, but there is still distance to go ...

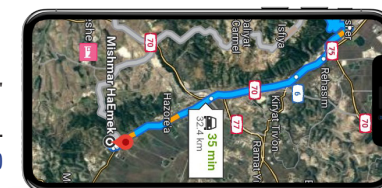
Here they will find the third feed zone of the day, this is a very long day of the race, and the riders will need your encouragement.

In addition, Kibbutz Mishmar Hamek in the Megiddo Regional Council, lives and breathes cycling thanks to Gali Ronan "the sheriff" of cycling in the area. The residents of the kibbutz know how to throw a celebration, and they invite you to join the "good vibes" at this spectator point and in this stunning place - This is one party not to miss!

Please note - you must park according to the staff in the places designated for this purpose. Carefully not to overlap the riders' path.

The spectator point is also the feed zone, please listen to the instructions of the staff there. Only the staff of the feed zone are allowed to help.

Remember: Providing external assistance is prohibited



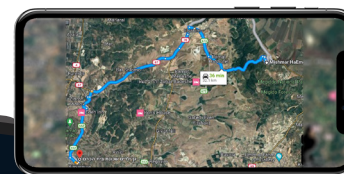
WAZE Point: You can put in WAZE "Kibbutz Mishmar Ha'emek" drive on the bypass road until Pump Trek is on your left.
<https://waze.com/ul/hsvbcrxvfb>

Spectator point and Cheering Party #4 - HaGai Street, Beit HaKerem neighborhood, Binyamina 10:55-16:05

Come celebrate the 100th anniversary of Binyamina, along with a big sports celebration, and the last feed zone of the Queen's Stage.

After 111 km and almost all of today's climbing, the riders will need every drop of encouragement from the crowd, every drop of music, and every drop of liquid at the feed zone.

In a shady grove our volunteers will wait for you with music, and a screen projecting the live broadcast, we invite you to come and take part in the celebration.



You can park along Hagay Street on both sides: the grove of the cheering party will be on the east side of the street.

<https://waze.com/ul/hsvbc53j61>

STAGE # 4 - 14-10-23

The Fourth and Last stage

The last day of the 10th year edition at the Hof HaCarmel Regional Council.

58 km of all the fun in the area! | Distance - 58 km | Elevation Gain - 800 meters | Time limit - 6 hours

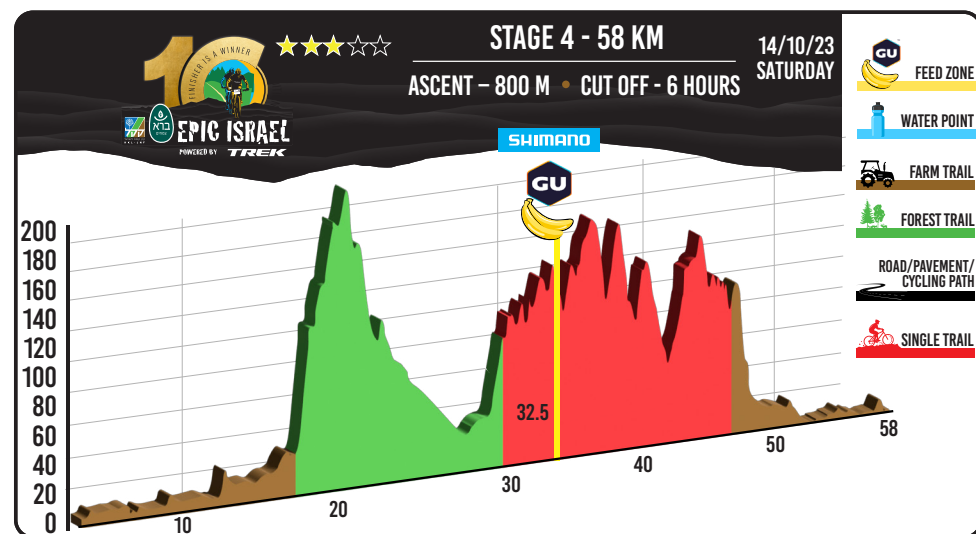
The fourth stage combines a visit to KKL-JNF singletrails in the central Merav area. The route will take the riders through one of the many important KKL-JNF projects, all dedicated to prompt an active leisure culture and the bicycle sport & industry. More details can be found on their website - <https://www.kkl.org.il/bike/> In the fourth and last stage, 3 points are recommended - two of them, of course, are the start line and the finish line.

Stage 4 is a relatively short and much faster stage than its two predecessors.

Departure at 8:00 from Nahsholim Hotel.

The third recommended point to visit along the track is right in the middle of the stage, in the singletrails center of the area - Hashlucha parking lot.

Come enjoy the forest and encourage the riders (the arrival on the asphalt path), give them a last bit of energy before the finish line of Bara Epic Israel.



	Point Name	KM from the start	28 KM/H	18 KM/H	13 KM/H
1	Start - Nahsholim Hotel	0	08:00		
2	Hashlucha parking lot	32.5	09:10	09:40	10:20
3	Finish - Nahsholim Hotel	58	10:10	11:15	12:25

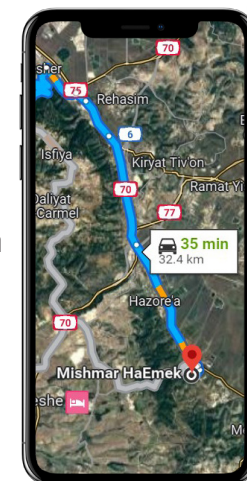
Observation Point #2 - Hashlucha parking lot - 09:00-10:10

As mentioned, about halfway through the stage, a point where you can meet the one-day participants and the heroes who are near the finish fourth day of the Bara Epic Israel 2023 10th Edition. This festive point will be the last feed zone for 2023.

WAZE point: You can put in WAZE the "Hashlucha parking lot" or the link:
<https://waze.com/ul/hsvbcez8s8>

We look forward to seeing you, in one or all the events – join the energy & fun, accompany the riders, and encourage them in this unique event, an amazing sporting experience and Israeli pride.

Wishing us all a huge and exciting experience,
The Bara Epic Israel team powered by Trek presented by KKL-JNF





MEN



GEORG EGGER
TEAM - SPEED COMPANY



KARL MARKT
TEAM - ALL STARS



MANUEL PLIEM
TEAM - PURE HUMANPWR



ADRIÁN GARCÍA MONTES
TEAM - ALDAPA GARRI BIKES



SIMON STIEBJAHN
TEAM - SINGER RACING



LUKAS BAUM
TEAM - SPEED COMPAN



SASCHA WEBER
TEAM - ALL STARS



FRANS CLAES
TEAM - PURE HUMANPWR



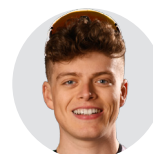
UNAI MATEOS GARRID
TEAM - ALDAPA GARRI BIKES



MARTIN FREY
TEAM - SINGER RACING



NICOLAS SAMPARISI
TEAM - KTM ALCHEMIST POWERED
BY BRENTA BRAKES (KBB)



DARIO CHERCHI
TEAM - KTM ALCHEMIST POWERED
BY BRENTA BRAKES - FRIEND



JAKOB HARTMANN-
TEAM - SINGER RACING TEAM
(FCS)



LORENZO SAMPARISI
TEAM - KTM ALCHEMIST POWERED
BY BRENTA BRAKES (KBB)



MATTIA LONGA
TEAM - KTM ALCHEMIST POWERED
BY BRENTA BRAKES - FRIEND



CALEB KIENINGER
TEAM - SINGER RACING
TEAM (FCS)



WOMEN



KIMBERLEY LE COURT
TEAM EFFICIENT INFINITI ELYSATOR



VERA LOOSER
TEAM EFFICIENT INFINITI ELYSATOR



CINDY MONTAMBAULT
PROJECT DIALED IN



JOCELYN STEL
PROJECT DIALED IN



LIA SCHRIEVERS
TEAM 1VISION A



NAAMA NOYMAN
TEAM 1VISION A



ANTONIA DAUBERMANN
TEAM 1VISION B



CLARISSA MAI
TEAM 1VISION B



YULIA POLEVAYA
SERPANTIN



EKATERINA GURENKOVA
SERPANTIN



WOMEN MASTERS



LEEAT ATKINS
TEAM - HABATATOT



DAFNA TAL
TEAM - HABATATOT



HADAS WEISS
TEAM - H&A



ADI MEDAN FRILING
TEAM - H&A



AMANDA GENEZ
TEAM - RIDE LIKE A GIRL



SHLOMIT BEN ISH
TEAM - RIDE LIKE A GIRL



RACHELL WALLFISH
TEAM - ANARCHY



ANNA LERNER
TEAM - ANARCHY



MASTERS



MIX



DAN CARMEL
TEAM CARMELIM



MARKI HABER
TREK MH



SHAVIT KOHAVI
DYNAMO ISRAEL



HAITHAM HALABI
CHAIN RIDE



RUNE LARSEN
DNR



SHIRA BIRAN
TEAM CARMELIM



INBAR RONEN
TREK MH



YELENA YASTREBOV
DYNAMO ISRAEL



RAFIA HALABI
CHAIN RIDE



DEBORAH OHAYON
DNR



MIX



MASTERS



YUVAL FRIDMAN
SPECIALIZED MASTERS



NOAM STRASCHNOW
SPECIALIZED MASTERS



DVIR ALMOG
PEER ALMOG



PEER SHARON
PEER ALMOG



NIR ZOHAR
EPSILON



MORDECAI BEN SHITRIT
EPSILON



ARNON ROSENBAUM
TEAM ESHKOLOT



ROY HAKER
TEAM ESHKOLOT



TZUR BRANT
ZB



ASAF BROIDE
ZB



ASSAF KLEIN
THEBUTTONSRULES



SHAHAR TAMIR
THEBUTTONSRULES



LIOR HAKLAY
TBW IDO & LIOR



IDO MEVORACH
TBW IDO & LIOR



EYAL KATZENSTEIN
HAIFA FACTORY TEAM



DAN BLECHNER
HAIFA FACTORY TEAM



MATAN GEDULTER



LIOR ZACH MAOR



GRAND MASTERS



LIOR BITON
XTRIM NCC



VITALY FROST
XTRIM NCC



ELI COHEN
ISRAELI



ISRAEL CHEN
ISRAELI



ANGELO DE VEROLI
IGP SPECIALIZED TEAM



HAIM DAHAN
IGP SPECIALIZED TEAM



RONEN SHIRIZLY
GAL&RONRN



GAL MOSHE
GAL&RONRN

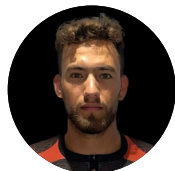


GRAND MASTERS



POWERED BY **TREK**

ISRAELI LEADER



YUVAL BEN MOSHE
TEAM IGP



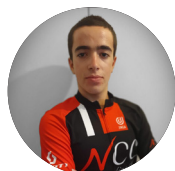
OMER MUNIN
TEAM IGP



ZAHI BEN GIGI
CONTINENTAL SAORSA



ROY RUBINSTEIN
CONTINENTAL SAORSA



JONATHAN BAR ON
IGNITION



SALMAN NABWANI
IGNITION



ROI MILMAN
TACC/ALTA



EDO GABAY
TACC/ALTA



ELIAD DANIEL
E.E-RACING TEAM



EITAN LEVI
E.E-RACING TEAM



LAHAV DAVIDZON
TEAM ISRAEL ACADEMY



ODED KOGHT
TEAM ISRAEL ACADEMY





EPIC ISRAEL
POWERED BY **TREK**