



NORTHERN WEST BANK CITY GUIDE

(NABLUS-JENIN-TULKAREM-QALQILYA)

ABOUT VISIT PALESTINE

Who We Are:

Owned and managed by Alternative Business Solutions; a Ramallah based Marketing & Communications Company, visitpalestine.ps is Palestine's premier online destination travel guide. The site which was launched in 2008 provides visitor and potential visitors (foreign and locals) with a platform to learn about and plan their trips to Palestine. VisitPalestine is growing rapidly with thousands of users already connected with us via our RSS feed, social media channels, and the website. Designed and maintained by locals, the site brings you the most up to-date information on travel to Palestine.

Our Mission:

To proactively promote Palestine as a viable and independent destination that is rich in religious, historical, cultural and natural treasures To provide visitors and potential visitors (foreign and locals) with a comprehensive online travel guide to help them plan and book their trips to and within Palestine To engage with potential visitors along every step of their experience (trip planning, actual experience, post departure) through an intricate range of interconnected products and services To support and promote the local tourism industry (directly and indirectly) through promoting Palestine as well as all the tourism service provider

Who We Target:

VisitPalestine attracts the interests of a wide and diverse range of valued audiences: Thousands of people from all over the world who are interested in or planning a trip Palestine Locals and Expatriate living and working in Palestine Local Tourism stakeholders (hotels, tour operators, guides etc...) International travel agencies and tour operators selling the Holy Land as a tourism destination Travel journalist and media Palestine's Diaspora community (especially in South America)

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Nablus

Also known as the uncrowned Queen of Palestine, Nablus is situated some 60 km north of Jerusalem between Mount Ebal and Mount Gerizim. Famous for its sweets, traditional olive oil soap, busy markets, and Turkish Baths, Nablus is also home to many of Palestine's industries and commerce. Among the main attractions in Nablus are Jacob's Well, Tel balata and the Old City. Nablus' rich history lies in its Old City with its distinct stone facades, beautiful architecture, narrow streets and old urban spaces. There are two churches, twelve mosques and a Samaritan synagogue in around the densely populated residential areas. The areas in and around Nablus are filled with sites to visit. The Palestinian village of Sebastiya lies some 12 km north of Nablus. Other major Palestinian cities such as Jenin, Tulkarem and Qalqilya are also near Nablus in the north of the country.

Jenin

Located in the northern part of Palestine, Jenin served as a transit station on the trade road. Jenin is the ancient En-gannim of the Bible and is the same village referred to as Ginea. The Romans were the first to name the city of Jenin in the 16th century. It was 4km from Jenin, at the village of Burqin, where Jesus cured 10 lepers residing in a cave at the edge of the village.

Tulkarem

Located on the border of the Samarian mountains, Tulkarem was settled by the Canaanites in 3000 B.C. Tombs from early Canaanites were discovered in the vicinity of the city. It later became a Roman post called Birat Soriqa and from the Islamic period onward it was known as Tulkarem. The city took its importance when the Ottomans made it the capital for the region.

Qalqilya

The town's area has been populated from prehistoric times, and prehistoric flint tools were found in the modern town's area. Invading armies, many of which came from the Mediterranean coast just 12 km away, often came through Qalqilya. Its current name comes from the Arabic Qala'alia, meaning high fortress. During the subsequent Muslim rules of the area, the town was populated with Arab inhabitants.

📍 SITES & ATTRACTIONS



JACOB'S WELL 🏛️



The 35 meter deep well stands in the land that Jacob bought from Hanor for a “hundred pieces of silver” (Genesis 33:19). It is also here that Jesus asked a Samaritan woman to draw water for him to drink. The well has been an object of pilgrimages since then. The first church built on this site dates back to the end of the 4th century. The well inside the church, forms the centerpiece of the crypt beneath the high altar. Then back in the 12th century, the Crusaders constructed a new church on the Byzantine foundations. Today, the existing church which lies some six meters below the present ground level is owned by the Orthodox Church.

TEL BALATA 🏛️



The village of Balata, a suburb of Nablus lies on the Tell Balata hill. The houses of the village occupy nearly one third of the Hill. Excavations have uncovered an extensive collection of archeological remains indicating that it was first settled during the 5th century BC. The Tell itself includes an abundance of architectural elements such as the city walls and several entrance complexes.

SEBASTIYA



Around 12 km northwest of Nablus up on the scenic slopes of the Nablus hills stands the village of Sabastyia, the site of the ancient city of Samaria. On top of the hill the remains of an Iron Age City were found. Inside the village lies a 12th century Crusader's Church, which was converted into a mosque with two tomb chambers. The head of John the Baptist is believed to be buried here. It was during the period of Jeroboan II (between 784-748 BCE) that Samaria reached the peak of its prosperity. It was also the administrative capital of the Samaria province during the Assyrian, Babylonian and Persian rule. In 332BCE, Alexander the Great conquered the city and many Macedonians actually settled in the city. In 30 BCE, the city was then granted to Herod the Great who rebuilt it a called it Sebaste after his sponsor Augustus.

MOUNT GERIZIM AND THE SAMARITANS



Mount Gerizim rises over 500 meters above the ancient city of Flavia Neapolis (Nablus). The mountain has a special sanctity for the last Samaritan community, custodian of the most ancient religious tradition in Palestine and indeed the entire Middle East. The Samaritans consider it the first piece of land created by God. They also believe that Adam was created from the earth of this mountain and that this was also the sole site spared in the Flood.



THE OLD MARKET

In the center of Nablus lies the old city, composed of six major quarters: Yasmina, Gharb, Qaryun, Aqaba, Qaysariyya and Habala. The area of the Old City is densely populated. There are six Turkish Baths (hamaams) in the area along with several tanneries, souqs, pottery and textile workshops. There are also numerous historic monuments such as the Khan al-Tujjar and the Manara Clock tower which was built in 1906.

BURQIN CHURCH - JENIN



The village of Burqin is located 3km west of Jenin. The church lies on the northern slope of the hill overlooking Wadi Burqin. The church is still used by the Christian Greek Orthodox community of the village. Tradition suggests that Jesus, on his way to Jerusalem, passed by the village and miraculously healed the lepers there.

KHIRBET BALAMEH - JENIN



Located at the northwestern entrance to Jenin, is the site of Belameh which dates back to the Bronze Age. In 1996, the Ministry of Tourism and Antiquities (MOTA) began excavations on a tunnel shaft, the most elaborate feature in Belameh. Through support from the United Nations Development Program (UNDP), around 150 meters of tunnel is being transformed into an archaeological park which will feature an educational sound and light show.

ZABABDEH - JENIN



Dating back to Roman times the village has still remains of mosaics and vestiges from the Byzantine period. From these discoveries Zababdeh proves to have been a very famous Christian center influencing the whole area. Destroyed in the 7th century due to recurring religious wars, the village remained unpopulated and undiscovered for over 10 centuries. It wasn't until the 17th century until the new Zababdeh was founded.

KHIRBET IRTAH - TULKAREM



Located south of Tulkarem, the site of Khirbet Irtah is mentioned and known to have been inhabited during the Roman, Byzantine and Islamic eras. Several Tombs, caves and a Roman pool are still visible. The area around the archeological site is being converted into a park for the local community.

KUR - TULKAREM



Another ancient Throne Village, Kur is located in the middle of a triangle consisting of the cities of Nablus, Tulkarem and Qalqilya. It dates back to the 12th century under the Mamluk rule. The excellent state of the building in the village is unique and gives glimpse of social organization during the Ottoman period. All of the residents of the village are descendants of the Jayyusi clan. Several mansions such as Abu Naman al Jayyousi's home are being renovated and restored.

DEIR ISTIYA - QALQILYA



The village was home to the Qasim al Ahmad family and was built during the reign of the Mamluks. It then became a Throne village during the Ottoman era. The village is a good case study of how town planning was conducted under the Mamluks with Ottoman additions.

In order to revitalize the area and to restore cultural heritage of Deir Istiya, a women's handicraft center, a community center and a visitor information center were built as part of a project by the Ministry of Tourism and Antiquities and the UNDP. Also an olive oil museum was set up adjacent to the ancient olive oil press.

QALQILYA ZOO - QALQILYA



Established in 1986, the Qalqilya Zoo is the only municipal zoo in Palestine and is one of the major attractions in Qalqilya. In addition to housing over 150 animals, the complex also includes a Natural History Museum, a children's entertainment park and an onsite restaurant. The site is very popular among local visitors especially for school trips and family outings.



MUSEUMS, THEATRES & CULTURAL CENTRES

AL-YASMINA CULTURAL CENTER -NABLUS-

Al-Yasmina Cultural Centre was established in 1993 by a group of local artists with a view to bringing cultural life back into the city of Nablus. Operating from a 'hole-in-the-wall' office space next to the Municipal Gardens, it organises a variety of cultural programmes in other venues around the city in conjunction with the Municipality of Nablus, An-Najah National University and various overseas cultural missions. As the most important non-profit cultural organisation in Nablus, the Centre is responsible for the co-ordination of artists and arts groups representing the city in various national and international festivals held in Palestine. It presents lectures and seminars involving distinguished speakers from within and outside Palestine in conjunction with An-Najah National University and holds summer camps in conjunction with the municipal government. It also offers occasional courses, workshops and lectures for members of the public and for school students, organises cultural programmes for major religious festivals such as Ramadan and stages occasional art exhibitions in the Municipal Gardens shelter, outside its headquarters. Administered by an Executive Committee, Al-Yasmina Cultural Centre comprises a membership of over 150 and incorporates several amateur performing groups, including adult and children's folkloric music ensembles and a dabke troupe.

Tel: 972 (0) 9 2382952

Fax: 972 (0) 9 2384791

BALATA CULTURAL FORUM -NABLUS-

Established in 1992 in Balata village, Balata Cultural Forum is an association of writers, poets, theatre playwrights and other artists which meets on a weekly basis to present and discuss the work of its members, to discuss Palestinian and foreign literature and to debate current cultural issues. The Forum meets around 40 times each year and has published several volumes of poetry and prose by its members. It is keen to establish links with like-minded institutions overseas, particularly amongst Arab Diaspora communities.

Tel: 972 (0) 9 2377969

Fax: 972 (0) 9 2384514

ECOTOURISM & AGRITOURISM -NABLUS & JENIN-

Palestine Fair Trade Association invites tourists to the Holy Land to visit with Palestinian farmers and learn about their organic farming practice and settings. Visitors are hosted by olive farming families in the Jenin and Nablus areas. The Eco Tourism program host groups of 8 to 20 people at a time and include a number of tours in olive orchards and other organic fields. Visitors will learn about the ecological settings of Palestinian organic farming, intercropping, and the nature of the landscape and mountainous farming practices. While the setting is ideal for organic management, it requires farmers working with their hands to reap the fruits of the majestic hillsides. Throughout the tour, people will be introduced to variety of wild plants that make up a part of the local diet and learn about their uses.

Tel: 972 (0) 9 2377969

Fax: 972 (0) 9 2384514

NABLUS THE CULTURE -NABLUS-

Nablus The Culture is a non profit organization that aims to revive cultural life in Nablus through the promotion of Music, Theater and Arts. The organization was established in May 2005, and since then Nablus The Culture has sponsored several musical events and concerts, mostly classical music, that featured local and international performers. The organization has also exhibited several award-winning movies, both from Palestinian directors and international directors.

SMALL HANDS ASSOCIATION -NABLUS-

Established in 1994, the Association functions to develop the cultural, educational and mental abilities of the child. It offers classes in music (ud, organ and drums), drawing, and painting and also runs a dabke group. The Association's premises incorporate four classrooms and a small library.

Tel: 972 (0) 9 2381791

THE JORDAN VALLEY TRAIL -NABLUS-

The trail starts at Duma, a Palestinian village south east of Nablus viewing the Jordan Valley. First, you can walk in the village and meet the village lifestyle that has not changed in the past few hundred years. The journey continues on a hilly trail following a dramatic route across desert terrain inhabit only by shepherds. The steep and rocky trail descends below sea level to the Al Auja Spring, one of the largest water sources in the Jordan Valley. Desert terrain gives way to orange groves as the journey continues to Jericho, “the oldest city on Earth”. Along the way, a steep climb (or optional cable car ascent) leads to the Mount of Temptation, with its Orthodox Monastery clinging to the rocky cliffs.

TULKAREM CULTURAL FORUM -TULKAREM-

Established in 1994, the Tulkarem Cultural Forum comprises a group of local artists and arts practitioners dedicated to developing the cultural life of the area. The Forum organises occasional events including theatrical presentations, art exhibitions and poetry evenings.

Tel: 972 (0) 9 379463, 972 (0) 9 672465

THE FREEDOM THEATRE -JENIN-

Using the arts as a model for social change, The Freedom Theatre in developing the only professional venue for theatre and arts in the north of the Occupied Palestinian Territories. The aim of this project is to empower and give voice to the children of Jenin Refugee Camp through unique programme of workshops and activities in theatre, supporting arts and multi-media, ranging in their emphasis from the largely therapeutic and healing, to the presentation of high-quality artistic products.

Tel: +970 (0)4 250 33 45



WHERE TO STAY

FEATURED HOTELS - JENIN



HADDAD TOURIST VILLAGE

Tel: +972 (or 970) (04)2417010/1/2

Fax: +972 (or 970) (04) 2417013

Email: haddadbooking@ymail.com

OTHER HOTELS

AL - QASR HOTEL

TEL: +972(OR 970) (09) 2341 444

AL YASMEEN HOTEL

TEL: +972(OR 970) (09) 2333555

ASIA HOTEL

TEL: +972(OR 970) (02) 238 6220

CHRYSTAL MOTEL

TEL: +972(OR 972) (02) 233 3281

THE DAMASCUS HOUSE

TEL: (00972) 597 874 555

THE INTERNATIONAL FRIENDS' GUEST HOUSE

TEL: +970 9 2381064

CINEMA JININ GUEST HOUSE

TEL: +972 (OR 970) (04) 2502455

BAIT AL KARAMA GUESTHOUSE

BAITALKARAMA@GMAIL.COM



WHERE TO DINE

RESTAURANTS

ABU ASFOURA RESTAURANT
TEL: +972 (9)2341323

ABU ASFOURA RESTAURANT
TEL: +972 (9)2347715

AL-MANKAL
TEL: +972 (9) 2675362

AL-SHAGHOUR SWIMMING
POOL
TEL: +972 (9)2348261

FAIROZEYYAT RESTAURANT
TEL: +972 (9)2343189

FULLA
TEL: +972 (9)2343188

LAYALI ZAMAN ROOF &
RESTAURANT

TEL: +972 (9)2386040

PROST RESTAURANT
TEL: +972 (9)2332077

ROZANA
TEL: +972 (9) 2385676

SALEEM AFANDI RESTAURANTS
TEL: +972 (9)2371332

SALEEM AFANDI RESTAURANTS
TEL: +972 (9)2335444

SALIM AFANDI
TEL: +972 (9) 2371332

SHALLALAT AL-BADAN PARK
TEL: +972 (9)2334644

TAL AL-MARAH SWIMMING
POOL & RESTAURANT
TEL: +972 (9)2340870

THE FAMILIES PARK
TEL: +972 (9)2373296

ZEIT OU ZAATAR - AL

YASMEEN HOTEL
TEL: +972 (9) 2383164

HADDAD TOURIST VILLAGE
TEL: +972 (4) 2417010



IMPORTANT INFORMATIONS



USEFUL WORDS

English	Arabic	English	Arabic
I	Ana	Thank you	shukran
You (m)	Inta	You're welcome	Afwan
You (f)	Inti	Hello	Marhaba
WE	Ihna	Goodbye	ma'asalameh
He	Houweh	what is your name?	Shoo ismek
She	Hiyeh	Please	Lao Samaht
They	Houmeh	Excuse me	'An iznek
Yes	Na'am	What time is it?	Adesh el sa'aa
No	Laa	How much?	Addeysh
Please	Min fadlak (to a man)	i don't speak Arabic	Ana la ahkee Arabee
	Min fadlik (to a woman)		

Phrase – English	Arabic	Response
Good morning	SabaH 'el khair	Saba 'el Nour
Good afternoon	Masa'a 'el khair.	Masa'a 'el Nour
Peace be upon you	As Salam 'alaykom	Wa 'alaykom as Salam
Goodnight (m)	TisbaH 'ala khair	Wa inta khair
Goodnight (f)	TisbaHi 'ala khair	Wa inti khair
How are you? (m)	Keef halak	Al Hamdulillah
How are you? (f)	Keef halek	Al Hamdulillah
Congratulations	Mabrook	'Alla ybarek feek (feeky - f)
Hello	Marhaba	Marhaba, keef halak (halek -f)
Welcome	Ahlan wa sahan or Ahlan	Ahlan beek
Goodbye	Ma'a salaama	Ma'a salaama
Thank you	Shukran	Afwan

English	Arabic	English	Arabic
One	Waahid	Eight	Sab'a
Two	Tinain	Nine	Tamenyeh
Three	Talaateh	Ten	'Ashra
Four	Arba'a	Left	Shmaal
Six	Khamseh	Right	Yameen
Seven	Sitteh	Straight	Dughree

IMPORTANT TELEPHONE NUMBERS

Nablus

Fire 09-2383444

Ambulance 101/09-2380399

Police 100

Qalqilya

Fire 09-2940440

Ambulance 101/09-2940440

Police 100

Tourism & Antiquities Police

Nablus 09-385244

Dial access code, international country code (972) or (970), area code (without the zero), desired number

Jenin

Fire 04-2501225

Ambulance 101/04-2502601

Police 100

Tulkarem

Fire 09-2672106

Ambulance 101/09-2672140

Police 100

Distances Between Cities

DISTANCE IN K.M.	ACRE	ASHDOD	ASHKELON	BANIAS	BEER SHEVA	BETHLEHEM	BET SHEAN	EILAT AIR PORT	EIN GEDI	GAZA	HAIFA	HEBRON	JERICO	JERUSALEM	LOD B.G. AIR PORT	METULLA	NABLUS	NAZARETH	NETANYA	REHOVOT	ROSH HANIKRA	SAFED	TEL AVIV	TIBERIAS	ZHHRON YA'ACOV
ACRE		160	175	79	233	190	85	475	338	192	23	219	162	182	136	98	145	46	87	141	21	52	118	57	59
ASHDOD	160		34	245	84	143	160	334	197	55	140	115	103	67	41	241	99	147	74	25	180	213	43	171	106
ASHKELON	175	34		260	68	146	174	307	170	28	161	118	116	77	55	256	114	152	89	40	195	228	64	198	121
BANIAS	79	245	260		306	276	106	559	422	280	126	270	224	227	212	20	171	100	171	225	98	52	202	70	146
BEER SHEVA	233	84	68	306		76	198	241	106	46	210	50	117	84	98	300	143	217	144	83	252	272	113	236	172
BETHLEHEM	190	143	146	276	76		191	319	153	86	168	28	38	10	61	272	72	145	105	60	211	244	73	208	137
BET SHEAN	85	160	174	106	198	191		471	334	195	67	174	128	120	135	102	75	39	86	140	104	74	117	37	70
EILAT AIR PORT	475	334	307	559	241	319	471		233	289	451	291	364	312	341	555	388	461	388	328	494	527	354	491	420
EIN GEDI	338	197	170	422	106	153	334	233		152	314	128	199	163	204	418	225	324	251	191	357	390	219	344	283
GAZA	192	55	28	280	46	86	195	289	152		179	94	136	92	75	276	134	182	109	60	211	248	82	218	141
HAIFA	23	140	161	128	210	168	67	451	314	179		194	148	159	112	120	93	35	86	121	42	72	95	69	38
HEBRON	219	115	118	270	90	28	174	291	128	94	194		73	35	88	266	99	172	132	90	238	271	97	186	164
JERICO	162	103	116	224	117	38	128	364	199	136	148	73		39	86	220	78	126	122	85	181	192	101	118	150
JERUSALEM	182	67	77	227	84	10	120	312	163	92	159	35	39		51	221	63	157	93	53	201	192	62	157	121
LOD B.G. AIR PORT	136	41	55	212	98	61	135	341	204	75	112	88	86	51		216	61	122	49	17	155	188	18	152	85
METULLA	98	241	256	20	300	272	102	555	418	276	120	266	220	221	216		167	96	167	221	86	48	196	64	142
NABLUS	145	99	114	171	143	72	75	388	225	134	93	99	78	63	61	167		73	44	78	164	139	57	102	72
NAZARETH	46	147	152	100	217	145	39	461	324	182	35	172	126	157	122	96	73		73	127	57	56	102	29	46
NETANYA	87	74	89	171	144	105	86	388	251	109	66	132	122	93	49	167	44	73		54	106	139	29	103	32
REHOVOT	141	25	40	225	83	60	140	328	191	60	121	90	85	53	17	221	78	127	54		160	193	24	158	86
ROSH HANIKRA	21	180	195	98	252	211	104	494	357	211	42	238	181	201	155	86	164	57	106	160		62	137	76	78
SAFED	52	213	228	52	272	244	74	527	390	248	72	271	192	192	188	48	139	56	139	193	62		168	36	103
TEL AVIV	118	43	64	202	113	73	117	354	219	82	95	97	101	62	18	196	57	102	29	24	137	168		132	69
TIBERIAS	57	171	198	70	236	208	37	491	344	216	69	186	118	157	152	64	102	29	103	158	76	36			78
ZHHRON YA'ACOV	59	106	121	146	172	137	70	420	283	141	38	164	150	121	85	142	72	46	32	86	78	103	69		78

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Are you planning a trip to Palestine and the Holy Land? Are you already in Palestine? Are you visiting on a Pilgrimage, a business trip, as part of a wider regional tour? Are you looking for leisure activities, day tours, cultural events, listing and opening hours?

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Our strategy is simple... we go where our customers go... To this end, we are continuously developing and upgrading our online presence. We have just launched our new mobil website which provides visitors with a travel guide when they most need it; WHILE ON THE GO. Our new mobile site is compatible with over 5,000 mobile devices and aims to service the thousands of visitors who come to Palestine and the region every year.

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