

Sde Boker–Mitspe Ramon



**Subject of
the trail**
Desert
cycling



Season
Winter, Fall,
Spring



**Total
climbing**
820



Difficulty
Intermediate



Length
55



**Ending
point**
Mitspe
Ramon



**Starting
point**
Midreshet
Ben-Gurion

Information

This segment, which begins at Midreshet Ben-Gurion and ends at Mitspe Ramon, is about 55 km long. Most of it was created with the assistance of Israel Bike Trail volunteers. The segment takes in breathtaking desert landscapes, World Heritage Sites, ancient agriculture and a varied human mosaic.

The trail begins at Midreshet Ben-Gurion, an environmental community, a center for environmental and desert studies and a focus of desert tourism. It climbs gradually toward Mitspe Ramon, at a height of 850 m above sea level, through the landscapes of Wadi Tsin and the Tsin Valley and their unique marl badlands.

We recommend entering En Avdat National Park from the direction of En Ma'arif toward the lookout that reveals the impressive canyon and waterfall of Wadi Tsin and En Ma'arif.

After about 14 km, the trail reaches the foot of the dramatic ancient ruins of Avdat – a World Heritage Site. Later it crosses the untamed valleys of the Negev Highlands and passes remnants of ancient agriculture. The high point of the day's ride is at its end, with the stunning view of Makhtesh Ramon. Along the trail are opportunities to be hosted at a Bedouin community or sip fine wine at one of the farms.

Please notice the following:

- No water sources along the trail. 4 liters are the minimum you should carry.
- Scarce shade spots along the trail.
- Avoid riding in hot days! Hot days are frequent between May to late September. If you are planning to ride in that period of time, it is advised to start very early in the morning.
- Do not approach the edge of cliffs
- Please Stay on the trail!

Directions

Service providers

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[To see all service providers](#)

Safety Rules

To make cycling safe, enjoyable and considerate of all users of the trail, please observe the following rules, as well as those signposted along the trail:

- The trail is for cyclists and walkers only.☒
- No motorcycles or other motor vehicles are allowed!
- Cycling is permitted only along the marked trail. ☒
- Parts of the trail pass on shared routes with motorized vehicles.
- Riders must take precautions and yield to motorized vehicles as well as to walkers.
- The trail is for experienced cyclists only. Cyclists under the age of 12 must be accompanied by an adult.
- Suit your ride to the trail conditions and to your riding skills.
- Walk your bike in areas where trail conditions are difficult.
- Use proper safety equipment for cycling and walking.
- No cycling after dark.☒
- Plan your ride according to weather conditions: Do not ride the trail on rainy days and do not cross flowing streams. Avoid riding on extremely hot, dry days and avoid dehydration and heat stroke.
- The trail crosses zones of protected flora, fauna and landscape – keep the area clean.☒
- Take your trash with you.
- Do not harm flora, fauna or inanimate objects.
- Follow all signposted instructions on the trail.
- Great effort has been invested in creating the trail.
- Please protect it and report any damage along the way.
- Cycling the trail is at your own risk. No entity is responsible for injury or damage of any kind to cyclists and/or travelers and/or walkers on the authorized cycling trail or on other trails.
- Have a safe and enjoyable ride!