



Marathon Tours & Travel has partnered with iRunCities to provide Narrated Urban Running and Spectator Routes to enhance your experience while you are in Jerusalem!

#### Jerusalem Shake-Out Runs

Run The Old City 6.115 km Route and run alongside the Walls of Jerusalem that were built during the Ottoman Empire, past the historic Mamilla Cemetery, and take in a view of Mt. Olive. As you run past the gates of the city learn about the history connected to each gate; did you know that the Damascus Gate is the only one to have preserved the same name since at least the 10th century?

Run The Old City and Sacher Park 9.788 km Route and run past the Monastery of the Cross, an Eastern Orthodox convent, past the Knesset, which is the Parliament of Israel, and along the Green Line, the demarcation line set out after the 1949 Armistice Agreements. Run around the Old City Walls and listen to the amazing mix of culture and religion that makes up Jerusalem today.

#### Jerusalem Marathon

Ever wondered what that interesting looking building or monument was? Do you feel compelled to get the most out of your runs? Maybe your favorite way of sightseeing is running a marathon?! Whatever the case may be, download the [iRunCities app](#); as you run those 42,195 km you will be accompanied by information and fun facts, as well as some encouragement to get you to the finish line!

#### Spectators - Follow your Runner

A good supporter on the sidelines is one of the keys to success while running a marathon. Your runner will feel stronger and more confident each time they see you cheering them on. As a supporter, you too can download the [iRunCities app](#). Then you can meet your runner at various points during the race, ready to offer words of encouragement or maybe a banana!



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