





1. Golan Heights – Ancient Bashan, high pasture lands. Just to the left of the Golan Heights is Mt. Hermon, 9232 feet high.
2. Galilee – The mountain ridges run east to west. The mountains of Upper Galilee are about 1000 feet higher than lower Galilee. Galilee receives about the same amount of rain as Wisconsin, however the rain all falls from mid October through mid March.
3. Mt. Carmel – this is the mountain ridge that separates the Jezreel Valley from the coastal plain or the plain of Sharon.
4. Jezreel Valley – the breadbasket of ancient Israel and also on a major caravan route. It is the sight of many battles in ancient Israel.
5. The Plain of Sharon or the coastal plain
6. The mountains of Ephraim and Manasseh
7. The Jordan River Valley, flowing from the Sea of Galilee at 600 feet below sea level to the Dead Sea at 1300 feet below sea level
8. Southern coastal plan
9. Gaza – the Philistine cities that are just off the map
10. The Shephelah – the foothills leading up to the mountains of Judah. Many of the battles between the Philistines and the Israelites in Judges and 1 Samuel were fought here.

11. The mountains of Judah – higher than the mountains of Ephraim and Manasseh. Similar in height to the Appalachians in the United States.
12. The Negev – the dry plains at the far south of Israel, getting drier the farther south you go.
13. The Arabah – the valley extending from the Sea of Galilee to south of the Dead Sea
14. The Wilderness of Judah – the western side of the mountains of Ephraim, Manasseh and Judah receive rainfall. The eastern side of the mountains is very dry, just a couple of inches of rain per year.
15. The mountains to the east of the Jordan River are higher than the mountains of Ephraim, Manasseh and Judah. They receive rain on their western slopes. Then there is a plain that extends into the desert, with rain dropping as you head east from the mountain slopes until finally it becomes desert.