

Mt. Meiron, or the Jebel Jarmuq, is the highest point in Upper Galilee, rearing up to just short of 4,000 feet above sea level. This mountain is the main topographical feature of Upper Galilee and gives the region its mountainous character. The major river bed (dry except in winter), which runs down to the Sea of Galilee, is the Nahal Amud (at left), or "Valley of the Column," named for the prominent natural rock outcrop that stands in the valley bed.