



**Mount Hermon**

Mount Hermon, 9,200 feet above sea level, is the highest mountain in Israel and marks the northern boundary of the land east of Jordan [Deuteronomy 3: 8-10](#) .

It is at the southern end of the anti-Lebanon range of mountains, and has three distinct summits, two over 9000 feet (2750 meters). Run-off from the mountain's glaciers feeds several streams and rivers that merge to become the Jordan River.

Snow-covered for most of the year, Hermon would have been in view from all parts of Galilee and even from the regions of the Dead Sea, 120 miles distant, to which its waters flow.

The Canaanites, who preceded the Hebrews in the land, regarded Hermon as a sacred place. The Psalmist speaks of it in the Old Testament [Psalm 42: 6-8](#). Jesus travelled with the disciples from Bethsaida to Caesarea Philippi,

[Mark 8: 22-27](#)

and from there to a high mountain; there He was transfigured.

[Mark 9: 2-10](#)

From these consecutive scriptures, many regard Mount Hermon as the site of the Transfiguration; others say Mt. Tabor.

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