

En Harod

This is the spring where Gideon and his troops camped before their battle with the Midianites. (Judges 7) It was at this stream that Gideon sent home the men who were afraid and then divided those remaining to a mere 300 based on how they drank from this spring. Saul also may have camped here when he visited En Dor the night before his death. (1 Sm.29:1)



This spring at En Harod is located at the base of Mount Gilboa on the southeast side of the Jezreel Valley.

In the Bible:

Judges 7:1, 4, 6, *“Jerub-Baal (that is, Gideon) and all his men camped at the spring of Harod...So Gideon took the men down to the water There the Lord told him, ‘Separate those who lap the water with their tongues like a dog from those who kneel down to drink.’ Three hundred men lapped with their hands to their mouths.”*

1 Samuel 29:1, Saul and Israel camped by the spring in Jezreel.



The cave from where the waters emerge.



Galyn demonstrates the proper method of drinking from the stream used by Gideon to reduce his troops to a mere 300 men.