



ONMEST2 PROJECT

MEDITERRANEAN NETWORK OF SUSTAINABLE TOURISM

PERFORMANCES IN THE FRAMEWORK OF ONMEST2 PROJECT



TRAINING PROGRAMME

The Project ONMEST2 provides to the entrepreneurs of the Valey of Ricote with a training programme which includes

[LICET evaluation of the sustainability in the project ONMEST2](#)

[Evaluation of the customer satisfaction](#)

[LICET how to evaluate the sustainability of a hotel and a restaurant](#)

[Experiences of presentation of the local kitchen and culture](#)

[The culture of the objects](#)

[Community based trends](#)

[Methodology of dances & songs](#)

[Trekking Italia How to design sustainable itineraries](#)

[ONMEST2 in practice what is sustainability itineraries](#)

[HANDBOOK FOR GUIDING A GROUP IN TERRITORIES](#)

[Four Processes to Reduce Fear in Tourism](#)

AWARENESS ABOUT SUSTAINABLE TOURISM IN SCHOOL CENTRES

Meet up of the main aim of the ONMEST2 Project:

The contribution, through a Project about sustainable tourism, in which SME, craftsmen, populations and administrations were bonded alongside a cooperation network with groups or similar outside clusters to Foster the economic development, providing to this groups, the young and old ones a participative immersion in the local cultural inheritance.

For that reason we keep on working on the awareness about Sustainable Tourism for students. The last meeting was carried out in the primary and infant school Villa de Ulea, the last November the 6th, for students of 5 and 6 year of the primary schools

The presentation is backed with an specially designed for kids power point, made pro bono by Cristina Mata, an entrepreneur and teacher of the zone. In addition, many leaflets which contained, according with our criteria, the “10 principles of the Culture of Tourism” were handed. Those leaflets are a helping material to keep on working about the issue in the class. One mote time, this initiative had a great welcome from all the participants.



THE SPACE OF..OUR ENTREPRENEURS, PARTNERS, etc.

GUIDED TOURS AROUND THE VALLEY OF RICOTE

Saturdays

"Discover Blanca"

(Landscape, historical, cultural and gastronomical route)

Includes: Guided panoramical and historical route, with the legends of their Moorish past to be told (FREE)

Guided visit to the Centre of Interpretation of Water and Light (First municipality of Murcia with Street lighting, in 1893)

Sample of artisan baking made with citrus from the Valley

Tasting of the Grandma' stew from Blanca and wine from Ricote.

Very low difficulty (Oldmen and children could do the activity) Duration 1:45h

Price: 4€ Adults y 2€ children younger than 12 years.

Sundays

" Our Orchard"

(Route around the orchard and landscapes thar are full of stories, colours and smells of our murcian land.)

Includes: A guided tour across our traditional orchard, where we could discover the fruits of the season and to taste them at that moment.

The lemons of Blanca had a long history, they are from 1498 and its the first municipality in where are know to exist in the murcian market.

Sample of artisan baking made with citrus from the Valley

Tasting of the Grandma' stew from Blanca and wine from Ricote.

Very low difficulty (Oldmen and children could do the activity) Duration 2:30h

Price: 5€ Adults y 2€ children younger than 12 years.

Sundays

"Cultural - Gastronomical"

(**last sunday of the month**)

Includes: Guided visit to the Foundation Pedro Cano, the cultural space "Centro Negra" and the centre of interpretation of the wáter and light

Sample of artisan baking made with citrus from the Valley

Cata de variadas tapas típicas de la abuela Blanqueña con una cerveca o vinico del Valle.

Tasting of the Grandma' tapas from Blanca and wine from the valley or beer.

Very low difficulty (Oldmen and children could do the activity) duration 3:00h

Price: 10€ Adults and minors who are costumers

Info:

VALLE DE RICOTE INAGOTABLE.

Antonio Molina 649928851



MUSEOS DEL VALLE DE RICOTE

MUSEO DE BELENES DEL MUNDO
OJÓS (MURCIA)

LA NAVIDAD CON Rocío Jurado
COLECCIÓN PRIVADA JOSÉ ORTEGA CANO

05/DIC/2015 - 31/ENE/2016
EXPOSICIÓN TEMPORAL



PROGRAMA DE ACTOS
05/DICIEMBRE/2015

18'00 H.
INAUGURACIÓN DE LA EXPOSICIÓN,
a cargo de:

- D. Pablo Melgarejo Moreno,
Alcalde Presidente del Excmo. Ayuntamiento de Ojós
- D^a Encarnación Palazón Palazón,
Concejala de Cultura del Excmo. Ayuntamiento de Ojós
- D. José Emilio Palazón Marín,
Director del 'Museo de Belenes del Mundo' de Ojós
- D. José Ortega Cano
- D. Amador Mohedano Jurado
- D. Manuel Jurado Domínguez,
Presidente de la Asociación Cultural 'R.J. La más grande'

Lugar: Museo de Belenes del Mundo
C/ Cánovas Varona, 1

19'30 H.
ACTUACIONES MUSICALES, a cargo de:
- Verónica Lozano (Lorca-Murcia)
- Lupe Lastra (Sevilla)
- Fany Hidalgo (Archena-Murcia)

Lugar: Centro Cultural 'Tomás López de Poveda'
Avda. del Río Segura, s/n



FUNDACIÓN PEDRO CANO

Avenida del Río Segura, s/n Blanca-Murcia

T/F: 968 77 84 46 www.fundacionpedrocano.es

Timetable| WED-FR 10-13 y 17-19// SAT 11-14 y 17-19// SUND-Public
Holidays 11-14

EL OFICIO DEL GESTO

From 8th october until 10th december.

“El oficio del gesto” meets a selection of the most important Works of the ICA collection. This are Works that have views which lead from an expanded conception of painting, which colonizes several formats, frees itself from the two-dimensional world and becomes fluid. The gesture (el gesto) in this Works is a declaration of intent, we could also talk about an incarnated picture which is intimately related to the movements of the hand, with the weigh and the strenght of the body a: a picture that seems to beat and vibrate, which belongs to the dance and to the gesture of stopping. We could see in this pictures de traces of several ways and directions like the one who sees the footprints in the sand of a beach and imagine the bodies of those who passed over there. Because maybe painting it's that at its core, to show the absence, a sigh... the pass of somebody that is not here anymore or who is just in the traces that he leaved.



ACTIVIDADES Y SALIDAS GUIADAS

ACTIVIDADES Y SALIDAS GUIADAS OTOÑO 2015



Domingo 25 de octubre
Ruta de la Huerta de Ricote y subida al castillo
 Municipio: Ricote

Sábado 31 de octubre

Sierra del Oro. Loma del Hierro y Umbria del Cuchillo
 Municipio: Abarán



Domingo 15 de noviembre
Parque Regional Sierra de la Pila
Umbria de Los Pardiñales y subida al Caramucel (1.025 m.)
 Municipio: Abarán

Sábado 28 de noviembre

Taller teórico-práctico de iniciación sobre rapaces nocturnas
Con salida nocturna y escucha en la Sierra del Oro
 Municipio: Abarán



Domingo 13 de diciembre
Sierra de Ricote
Pozo de la Nieve y cumbre de los Almeces (1.122 m)
 Municipio: Ricote

Domingo 27 diciembre: IV Marcha Ganadera por las Vías Pecuarias de Abarán



PLAZAS LIMITADAS

INSCRIPCIONES: caramucel@gmail.com Tel: 676 609 539
 INFORMACIÓN: www.caramucel.blogspot.com
 CUOTA: 5 €



www.caramucel.blogspot.com



charate

INVIERNO 2015
OCTUBRE / DICIEMBRE

#WINTERISCOMING

ESQUÍ Y SNOWBOARD - ALPNISMO Y ASCENSIONES INVERNALES - RAQUETAS DE NIEVE
VÍA FERRATA - ESCALADA - PUENTING - DESCENSO DE BARRANCOS - ESPELEOLOGÍA
SENDERISMO Y TREKKING - ORIENTACIÓN - RUTAS BTT - TIROLINA - INCENTIVO EMPRESAS
VIAJES NACIONAL E INTERNACIONAL - FORMACIÓN DEPORTISTAS - ROCÓDROMO PORTÁTIL
ANIMACIONES - HINCHABLES - EVENTOS - OUTDOOR TRAINING - CAMPAMENTOS
Y MUCHO MÁS...

WWW.CHARATE.COM - BLOG.CHARATE.COM - ACTIVIDADES@CHARATE.COM - TLF. 647 605 905

FOTO: @PepeH

You had received this newsletter because your data is in a database of the Foundation University Enterprise of the Region of Murcia, and whose final purpose is the management of performances in the project Onmest2 framework. You may exercise your rights of access, modification, cancellation or opposition sending us an email to lopdp@um.es.

FOUNDATION UNIVERSITY ENTERPRISE OF THE REGION OF MURCIA
 ENAE Building, Campus Universitario de Espinardo. 30100 Murcia
www.fuem.es

onmest2_murcia@fuem.es